## Gloria L.



Certified Personal Trainer Assistant Fitness Manager Team Member Since: 2007 Sessions Serviced: 2.000 +

## **Education & Certifications**

- BS in Exercise Science from Utah Valley University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. Personal Trainer Certification
- National Academy of Sports Medicine Corrective Exercise Specialist
- National Academy of Sports Medicine Certified Personal Trainer
- National Academy of Sports Medicine Performance Enhancement Specialist

## **Hobbies and Achievements**

- Track
- NPC Figure Competitor
- Watching All Sports



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