

Lindsey I.



Certified Personal Trainer
Team Member Since: 2010

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Completed 1 full marathon and 2 half marathons.
- Competitive cheerleader 4 years
- Personal experience having lost 45 pounds.
- Hiking with my daughter and running.



For more info about this trainer,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining

Club ID: 104