

Lisa F.



Team Member Since: 2003

Education & Certifications

- BS in Kinesiology from California State University Fullerton
- CPR 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
- Professional Fitness Instructor Training - Rehabilitative Exercise Specialist

Hobbies and Achievements

- Biking
- Hiking
- Motorcycles



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

24hourfitness.com/personaltraining

Club ID: 157

