

Kyle L.



Master Trainer
Team Member Since: 2007
Sessions Serviced: 2,000 +

Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Strength and Conditioning Assoc. - Certified Personal Trainer
- Professional Fitness Instructor Training - Rehabilitative Exercise Specialist

Hobbies and Achievements

- Kettlebell instructor and enthusiast
- Snowboarding and surfing
- Wakeboarding



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

24hourfitness.com/personaltraining