

# Jon L.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- BS in Health and Wellness from Arizona State University
- AED (Automated External Defibrillator)
- CPR Certification

## Hobbies and Achievements

- Hang out with family, girlfriend Genesis or friends
- Firm believer in God
- Always been active in sports such as football, basketball and track
- Enjoying going to athletic events



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

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 169

