

# Lane D.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- BS in Kinesiology from Sam Houston State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification

## Hobbies and Achievements

- 3x Southland Conference Champion in the 400M hurdles
- Still love to train for fun and relaxation



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

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

Club ID: 209