

Tony L.



Master Trainer
Group X Instructor
Team Member Since: 2006

Education & Certifications

- BS in Chemical Engineering from Texas A&M University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- TRX Suspension Training and Group Suspension Training
- P90X Certified Trainer
- Schwinn Indoor Cycling Instructor
- Trigger Point Therapy Ultimate 6+



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

24hourfitness.com/personaltraining