## Lisa T.

## **Education & Certifications**

- BA in Public Relations from Webster University
- MA in Legal Studies from Webster University
- AED (Automated External Defibrillator)
- American Council on Exercise Personal Trainer Certification
- CPR Certification
- KETTLEBELL Certified Kettlebell Instructor
- TRX Suspension Training Certified TRX Instructor



Certified Personal Trainer Group X Instructor Team Member Since: 2013

## **Hobbies and Achievements**

- Hiking
- Running
- Boxing
- Dancing
- Coaching and participating in team in training endurance events



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