

# 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



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

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

Club ID: 338

