

# Lori C.

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer



**Certified Personal Trainer**  
**Team Member Since: 2004**  
**Sessions Serviced: 5,000 +**

## Hobbies and Achievements

- Nutrition
- Bodybuilding
- Outdoors



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

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