

# Lorraine F.



**Master Trainer**  
**Group X Instructor**  
**Team Member Since: 1998**  
**Sessions Serviced: 10,000 +**

## Education & Certifications

- BS in Computer Science from West Liberty State
- AED (Automated External Defibrillator)
- American Council on Exercise - Advanced Health and Fitness Specialist
- American Council on Exercise - Lifestyle and Weight Management Consultant Certification
- American Council on Exercise - Personal Trainer Certification
- CPR Certification

## Hobbies and Achievements

- Softball
- Tae Kwon Do
- Running - half marathons, marathons



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

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