

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,
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24hourfitness.com/personaltraining