

Jeremiah L.



Certified Personal Trainer
Master Trainer
Team Member Since: 2012
Sessions Serviced: 2,000 +

Education & Certifications

- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Mountain Biking and Puppies
- Strength Training
- Anything shoulders spine knees hips
- Lost 80 Pounds
- Playing Guitar and Live Music



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

24hourfitness.com/personaltraining

Club ID: 372