

Linzey R.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- PADI Scuba Certified 2012
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Studying nutrition and fitness
- Swimming and water activities
- Weight lifting and exercise
- Traveling and photography



For more info about this trainer,
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24hourfitness.com/personaltraining