

Justin L.



Master Trainer
Assistant Fitness Manager
Team Member Since: 2005
Sessions Serviced: 10,000 +

Education & Certifications

- BA in Business from Washington State University
- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- 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

Hobbies and Achievements

- Bodybuilding-Lifting and Coaching
- Cooking
- All Sports
- Taking my dogs for walks



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

24hourfitness.com/personaltraining

