

Lisa C.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BA in Human Performance Sport and Leisure Studies from Metropolitan State College of Denver
- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Soccer
- Hiking
- Geocaching



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

Club ID: 418