

Brian L.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- BS in Kinesiology and Sports Management from James Madison University
- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Lacrosse
- Weightlifting
- Boxing
- Golf
- Snowboarding



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