

Amber L.



Master Trainer
Assistant Fitness Manager
Team Member Since: 2007

Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- 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

Hobbies and Achievements

- Figure shows
- Spending time with my kids
- Weight training



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

24hourfitness.com/personaltraining