

Adam L.



Team Member Since: 2010

Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- CPR Certification
- National Personal Training Institute of Colorado - Personal Training Certification
- National Strength and Conditioning Assoc. - Certified Personal Trainer

Hobbies and Achievements

- Hunting
- Running
- Snowmobiling



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

24hourfitness.com/personaltraining