

Lillian T.

Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer



Assistant Fitness Manager
Certified Personal Trainer
Team Member Since: 2013

Hobbies and Achievements

- Running
- Hiking
- Pilates
- Yoga
- Tough Mudder, 2013



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

24hourfitness.com/personaltraining

Club ID: 438

