

Laeq A.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- BS in Kinesiology from California State University, East Bay
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Boxing 2010-2012
- Wrestling 2005-2007
- Peer Advocate for Wellness 2010-2011



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