

Troy L.



Certified Personal Trainer
Group X Instructor
Team Member Since: 2012

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Group X Aqua Aerobics and Swimming Instructor
- Sorts
- Wrestling
- Boxing
- Hiking



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