

Docia L.



Master Trainer
Team Member Since: 2006
Sessions Serviced: 2,000 +

Education & Certifications

- BA in European History from University of California Davis
- AED (Automated External Defibrillator)
- 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

- Travel and culture
- Scuba diving
- Film



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24hourfitness.com/personaltraining

Club ID: 508

