

Fred L.



Certified Personal Trainer
Team Member Since: 1996
Sessions Serviced:2,000 +

Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- American Council on Exercise - Personal Trainer Certification
- CPR Certification

Hobbies and Achievements

- Trail Running
- Mountain Biking



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