

# Amy L.



**Certified Personal Trainer**  
**Team Member Since: 2011**

## Education & Certifications

- BA in Exercise Science from Point Loma Nazarene University
- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Volleyball
- Hiking and camping
- Traveling



For more info about this trainer,  
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