

# Lizette M.



**Master Trainer**  
**Team Member Since: 2000**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- Aerobic and Fitness Association of America - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Weight training
- Reading
- Traveling



For more info about this trainer,  
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