

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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