

Dan L.



Certified Personal Trainer
Team Member Since: 2011
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Applied Communication Studies from Gonzaga University
- 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

RKC/Strongfirst Certified Kettlebell Instructor: 2011
Z-Health Movement Re-Education Specialist: 2011



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