

# Joe L.



**Certified Personal Trainer  
Group X Instructor  
Team Member Since: 2007**

## Education & Certifications

- Over 2,000 Sessions Serviced
- American Council on Exercise - Lifestyle and Weight Management Consultant Certification
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Personal Trainer

## Hobbies and Achievements

Road Bike  
Mountain Bike  
14ers  
Yoga



For more info about this trainer,  
scan this code with your smart phone or visit:

[24hourfitness.com/personaltraining](https://24hourfitness.com/personaltraining)

Club ID: 572

