

# Eric L.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Brazilian Jiu Jitsu Brown Belt (2012)
- Head Youth Coach at Impact Jiu Jitsu 2009 - Present
- Running, Climbing, Biking and Hiking throughout Portland
- Being Active and Trying New Sports



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

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

Club ID: 575