

# Lori M.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2011**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Bodybuilding and fitness
- Camping and boating
- Volleyball
- Group Exercise Certifications (Body Pump, Turbo Kick, Nike Training Club, Yoga, Everlast Shadowboxing, etc.)
- Over 1,000 Group X Classes taught



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

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