

Phil L.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- BS in Exercise Science from William Paterson University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Running
- Crossfit
- Tough Mudder/Spartan Race
- Basketball
- Football



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

24hourfitness.com/personaltraining