

Josiah L.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Basketball
- Track & field
- Spending time with Family & Friends



For more info about this trainer,
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24hourfitness.com/personaltraining