

# Karen L.



**Master Trainer**  
**Group X Instructor**  
**Assistant Fitness Manager**  
**Team Member Since: 2004**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- BS in Exercise Science from University of Kansas
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Figure competitions
- Spending time with family
- Working out



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 659