

Lydia F.

Education & Certifications

- BS in Nutrition from Johnson & Wales University
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- CPR Certification



Certified Personal Trainer
Team Member Since: 2012

Hobbies and Achievements

- Cooking
- Running
- Volunteering with youth ministry



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

24hourfitness.com/personaltraining

Club ID: 663