

Diana L.



Certified Personal Trainer
Master Trainer
Fitness Manager
Team Member Since: 2011
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Kinesiology from Humboldt State
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Health Fitness Specialist
- bodybugg® Calorie Management System Certification
- CPR Certification
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Distance Running
- Healthy Cooking
- Vegetable Gardening
- Functional Strength Training
- Being Fun



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