

Lonnie W.



Certified Personal Trainer
Team Member Since: 2003

Education & Certifications

- RN/Public Health Nurse from University of California San Francisco
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Tennis
- Gambling
- Drag racing pit crew



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