## 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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