

# Courtney L.



**Certified Personal Trainer**  
**Group X Instructor**  
**Team Member Since: 2009**

## Education & Certifications

- BA in Communication from Santa Clara University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- NCAA Division 1 Soccer- Santa Clara University
- Soccer- 17 years experience playing and 8 years coaching
- Played on the US Womens Youth National soccer team for 4 years



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

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 863

