

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



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