

Lizzie F.



**Certified Personal Trainer
Group X Instructor
Team Member Since: 2011**

Education & Certifications

- AED (Automated External Defibrillator)
- Cooper Institute - Personal Trainer Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Sports - Soccer and Racquetball
- Group Classes - Zumba and Combat
- Argentine Tango - Music and Dancing
- Youth Fitness



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

24hourfitness.com/personaltraining

Club ID: 881