

# Liana T.



**Certified Personal Trainer  
Group X Instructor  
Team Member Since: 2012**

## Education & Certifications

- BA in Kinesiology from Occidental College
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Personal Trainer

## Hobbies and Achievements

- Triathlons and marathons are my favorite endurance events.
- I have a passion for weight lifting for functional capability, as well as appearance.
- As an Alaskan, I love all outdoor activities, including hiking and backpacking.
- I have recently gotten excited about rock climbing.
- When I am not at the gym I like to sew, knit, and cook. I love making gifts for others.



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

Club ID: 895