

Tommy L.



Master Trainer
Assistant Fitness Manager
Team Member Since: 2008
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Psycho Biology from University of California Los Angeles
- MA in Educational Psychology from University of California Los Angeles
- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Basketball
- Football
- Volleyball
- Cooking and eating
- Business, reading, stock market



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24hourfitness.com/personaltraining

Club ID: 906

