

# Alexis L.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Cage Fitness certified
- International Kick Boxing Federation Tournament 3 time winner
- Hobbies include, boxing, Muay Thai, Mixed Martial Arts, and Zumba!
- My goal is to change people lives, with health and fitness



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

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

Club ID: 080

