

William L.



**Certified Personal Trainer
Assistant Fitness Manager
Team Member Since: 2011**

Education & Certifications

- BS in Computer Science from Coleman University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Weight lifting, health and fitness
- Sporting events-football, MMA, body building
- Having a great time laughing with loved ones
- Expanding my knowledge of supplementation nutrition and diet planning



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 080

