

Gloria L.



**Certified Personal Trainer
Assistant Fitness Manager
Team Member Since: 2007
Sessions Serviced: 2,000 +**

Education & Certifications

- BS in Exercise Science from Utah Valley University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Track
- NPC Figure Competitor
- Watching All Sports



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

24hourfitness.com/personaltraining

Club ID: 082

