

Mitchell L.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Fitness Therapy Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Marine Corps Martial Art Instructor
- Emergency Medical Technician
- Lacrosse
- Body Building



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

Club ID: 094