

Brittany L.



Certified Personal Trainer
Assistant Fitness Manager
Team Member Since: 2009
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Kinesiology from California State University San Diego
- AED (Automated External Defibrillator)
- American Council on Exercise - Lifestyle and Weight Management Coach
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Experience with pre and post natal fitness programs
- Enjoys working with older populations
- Completed 3 full marathons and 2 half marathons
- Competed in track and field at SDSU



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

24hourfitness.com/personaltraining

Club ID: 104

