

# 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



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scan this code with your smart phone or visit:

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

Club ID: 104

