

# George L.



**Certified Personal Trainer**  
**TC24 Coach**  
**Team Member Since: 2012**

## Education & Certifications

- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- National Strength and Conditioning Assoc. - Certified Personal Trainer
- TC24 Coach

## Hobbies and Achievements

- 2011 Desert Showdown World Amateur Boxing Championship finalist
- Zulu Kai OC Boxing Academy fight team member
- OC Yellow Jackets Boxing Academy fight team member
- Avid outdoorsman



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

Club ID: 127