

Erik D.



Certified Personal Trainer
Team Member Since: 2011

Education & Certifications

- BS in Criminal Justice from California State Long Beach University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Completed 5 half marathons
- Avid cyclists
- Participates in Crossfit-style workouts
- Weight training for 14 years



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

24hourfitness.com/personaltraining

Club ID: 159