

Lane D.

Education & Certifications

- BS in Kinesiology from Sam Houston State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification



Certified Personal Trainer
Team Member Since: 2013

Hobbies and Achievements

- 3x Southland Conference Champion in the 400M hurdles
- Still love to train for fun and relaxation



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

Club ID: 209