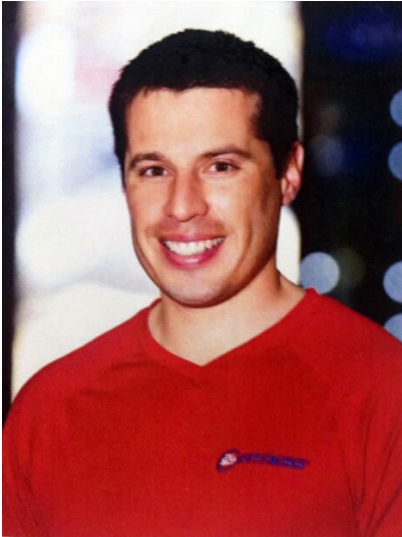


Adam L.



Certified Personal Trainer
Team Member Since: 2006
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Psychology from University of Kansas
- MA in Business from University of Phoenix
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Snowboarding
- Golf
- Bowling
- Tennis



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

24hourfitness.com/personaltraining

Club ID: 329

