

Lori C.

Education & Certifications

- AED (Automated External Defibrillator)
- 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
- National Council on Strength and Fitness - Personal Trainer



Certified Personal Trainer
Team Member Since: 2004
Sessions Serviced:5,000 +

Hobbies and Achievements

- Nutrition
- Bodybuilding
- Outdoors



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