

# Jeremiah L.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2012**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Mountain Biking and Puppies
- Strength Training
- Anything shoulders spine knees hips
- Lost 80 Pounds
- Playing Guitar and Live Music



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

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

Club ID: 372