

# Rich L.

## Education & Certifications

- BA in Sociology from Western Washington University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Hobbies and Achievements

- Mixed Martial Arts
- Boxing
- Recreational Team Sports



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

Club ID: 399

