

Alexis F.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- BA in Social Work from Portland State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Trained in Muay Thai and Tae Kwon Do
- Coached PSU Kickboxing Club 2010 - 2011
- Ultimate Fighting Championship - UFC
- Tough Mudder Finisher 2013
- EDM and Dubstep - not BROstep - Shows



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24hourfitness.com/personaltraining

Club ID: 413