

James L.



Team Member Since: 2011

Education & Certifications

BS from University of Utah

- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- AAA Football



For more info about this trainer,
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24hourfitness.com/personaltraining