

Brian L.



Master Trainer
Team Member Since: 1998
Sessions Serviced: 15,000 +

Education & Certifications

- BS in Kinesiology/Sports Medicine from University of Colorado
- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor
- USA Weightlifting Certification

Hobbies and Achievements

- Governor's Council for Physical Fitness
- Cooking and Nutrition
- Skiing
- MMA



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

24hourfitness.com/personaltraining

Club ID: 438