

# Lisa T.



**Certified Personal Trainer  
Team Member Since: 2012**

## Education & Certifications

- BA in Liberal Arts from University of Washington
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Traveling
- Paddle Boarding
- Photography
- Hiking
- Spending time with my Family



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 489