

Fred L.



Certified Personal Trainer
Team Member Since: 1996
Sessions Serviced: 2,000 +

Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- American Council on Exercise - Personal Trainer Certification
- CPR Certification

Hobbies and Achievements

- Trail Running
- Mountain Biking



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

24hourfitness.com/personaltraining

Club ID: 508

