

# 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](https://24hourfitness.com/personaltraining)

Club ID: 508

