

Diane L.



Certified Personal Trainer
Master Trainer
Assistant Fitness Manager
Team Member Since: 2007

Education & Certifications

- BS in Rhetoric and Communication from University of Oregon
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Swimming
- Biking
- Hiking
- Bowling
- Running



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

24hourfitness.com/personaltraining