

# Amy L.



**Certified Personal Trainer**  
**Team Member Since: 2011**

## Education & Certifications

- BA in Exercise Science from Point Loma Nazarene University
- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Volleyball
- Hiking and camping
- Traveling



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

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

Club ID: 512

