

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

Club ID: 512