

# Sy L.



**Certified Personal Trainer**  
**Team Member Since: 2001**

## **Education & Certifications**

- BS in Exercise Physiology
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## **Hobbies and Achievements**



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

**[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)**

**Club ID: 543**

