

# Blaine L.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- BA in Business from California State University San Francisco
- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Basketball
- Working out
- Marathons
- Coaching
- Being a father



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

Club ID: 556