

# Joe L.



**Certified Personal Trainer**  
**Group X Instructor**  
**Team Member Since: 2007**

## Education & Certifications

- Over 2,000 Sessions Serviced
- American Council on Exercise - Lifestyle and Weight Management Consultant Certification
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Personal Trainer

## Hobbies and Achievements

Road Bike  
Mountain Bike  
14ers  
Yoga



For more info about this trainer,  
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[24hourfitness.com/personaltraining](https://24hourfitness.com/personaltraining)

Club ID: 572

