

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

Club ID: 572

