

Eric L.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Brazilian Jiu Jitsu Brown Belt (2012)
- Head Youth Coach at Impact Jiu Jitsu 2009 - Present
- Running, Climbing, Biking and Hiking throughout Portland
- Being Active and Trying New Sports



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24hourfitness.com/personaltraining

Club ID: 575