

Eric L.



Certified Personal Trainer
Group X Instructor
TC24 Coach
Team Member Since: 2012

Education & Certifications

- BA in Psychology from University of CA, Santa Cruz
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- PTA Global - PTA Global PT Certification

Hobbies and Achievements

Weight Lifting
Football
Swimming
Biking/Hiking
Musician -Bass Player (HELLBENDER)



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 577