

Lori M.



Certified Personal Trainer
Master Trainer
Team Member Since: 2011
Sessions Serviced: 5,000 +

Education & Certifications

- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Bodybuilding and fitness
- Camping and boating
- Volleyball
- Group Exercise Certifications (Body Pump, Turbo Kick, Nike Training Club, Yoga, Everlast Shadowboxing, etc.)
- Over 1,000 Group X Classes taught



For more info about this trainer,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining

Club ID: 651

