

Lisa U.



Team Member Since: 2007

Education & Certifications

- Over 4,000 Sessions Serviced
- 24 Hour Fitness - Certified Personal Trainer
- Cooper Institute - Biomechanics of Resistance Training
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Fitness
- Mountain biking
- Nutrition
- Running



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

24hourfitness.com/personaltraining

Club ID: 687

