

# Diana L.



**Certified Personal Trainer**  
**Master Trainer**  
**Fitness Manager**  
**Team Member Since: 2011**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BS in Kinesiology from Humboldt State
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Health Fitness Specialist
- bodybugg® Calorie Management System Certification
- CPR Certification
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Distance Running
- Healthy Cooking
- Vegetable Gardening
- Functional Strength Training
- Being Fun



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)