

# Lonnie W.



**Certified Personal Trainer**  
**Team Member Since: 2003**

## Education & Certifications

- RN/Public Health Nurse from University of California San Francisco
- 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

- Tennis
- Gambling
- Drag racing pit crew



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

Club ID: 812