

# Lizzie F.



**Certified Personal Trainer  
Group X Instructor  
Team Member Since: 2011**

## Education & Certifications

- AED (Automated External Defibrillator)
- Cooper Institute - Personal Trainer Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Sports - Soccer and Racquetball
- Group Classes - Zumba and Combat
- Argentine Tango - Music and Dancing
- Youth Fitness



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

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 881

