

Andy L.



Certified Personal Trainer
Team Member Since: 2011

Education & Certifications

- BS in Health Science from UCSC
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Cheer Coach
- Instructor for United Spirit Association
- Hiking and Camping
- Food and Wine



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24hourfitness.com/personaltraining

Club ID: 887