

# Nicole L.



**Certified Personal Trainer**  
**Master Trainer**  
**Group X Instructor**  
**Assistant Fitness Manager**  
**Team Member Since: 2004**  
**Sessions Serviced:10,000 +**

## Education & Certifications

- BS in Veterinary Medicine from UNAM Mexico City MEX
- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist

## Hobbies and Achievements

- Competitive Archery
- Tae Kwon Do Black Belt 1st Dan 2003
- Cycling
- Amateur Photography (Nature)
- Play guitar



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

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

Club ID: 887