

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



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24hourfitness.com/personaltraining

Club ID: 887