

# George L.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification

## Hobbies and Achievements

- Soccer - 10 years
- Track - 100, 200, 400, 400 hurdles
- Pole vault coach club and high school coach for 6 years
- Reno National Competition D3 runner up



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

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

Club ID: 891