

# Chris L.



**Certified Personal Trainer**  
**Group X Instructor**  
**Assistant Fitness Manager**  
**Team Member Since: 2012**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Mud Run Obstacle Courses
- Playing Volleyball, Soccer, and Ultimate Frisbee
- Brazilian Jiu Jitsu



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

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

Club ID: 903

