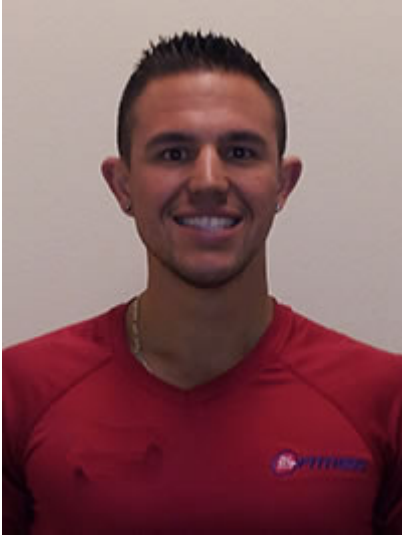


Ben L.



Fitness Manager
Team Member Since: 2012

Education & Certifications

- BS in Exercise Science from Seattle Pacific University
- MS in Health and Human Performance: Exercise Science from University Of Montana
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- American College of Sports Medicine - Certified Health Fitness Specialist
- CPR Certification

Hobbies and Achievements

- Racing triathlon



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 910

