



CRAIG GUERRERA

LV3 PERSONAL TRAINER

FUN FACT:

Louisiana, born and raised, I love football, and have a passion for fitness.

Education:

B.S. Business Admin & Management
Southeastern University

Certifications:

AFPA
ACE-CPT
ACTION-CPT
CPR/ AED

Favorite exercise(s):

Bench press and Bicep curls

Contact:

Craig.Guerrera@ochsner.org

RECRUITMENT MANAGER:

- Craig is also the Manager for the Recruitment and Membership Department.

EXPERIENCE:

- Over three decades of Personal Training and Coaching
- Football Coach at De La Salle High School and youth football at various playgrounds

Specialties:

- Athletic Performance
- General health and fitness
- Strength & Conditioning
- Weight loss
- Youth Concussion Prevention
- Youth Fitness

Sport(s):

- Baseball
- Basketball
- Football