

# Lauren O.



**Certified Personal Trainer**  
**Team Member Since: 2014**

## Education & Certifications

- BA in Sport Pedagogy from University of the Pacific
- AED (Automated External Defibrillator)
- CPR Certification

## Hobbies and Achievements

- Minored in Communications
- Division I Womens Soccer
- Division I Track
- I love to hike, surf, camp, and many other outdoor activities.



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

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

Club ID: 058

