

Laura N.



Master Trainer
Team Member Since: 2008
Sessions Serviced: 2,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- Aerobics and Fitness Association of America - Advanced Personal Trainer
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Weightlifting
- Gymnastics
- Nutrition
- Snowboarding



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