

Lauren R.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Completed 6 half-marathons
- Tennis player
- Finished the 200 mile Ragnar relay race
- Enjoys Crossfit
- Loves to run and hike outdoors



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