

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,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining

Club ID: 066