

Laura C.

Education & Certifications

- BS in Human Nutrition and Dietetics from Colorado State University
- BS in Exercise Physiology from Metropolitan State College of Denver
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer



Certified Personal Trainer
Fitness Manager
Team Member Since: 2011
Sessions Serviced: 2,000 +

Hobbies and Achievements

- Sailing
- Mountain Biking
- Retired competitive Ironman Triathlete
- Retired Ultra Endurance Athlete



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

Club ID: 078

