

Laura R.



Team Member Since: 2002

Education & Certifications

- BA in Rehabilitation Therapy from California State University Long Beach
- 24 Hour Fitness - Certified Personal Trainer
- Aerobic and Fitness Association of America - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- reading
- running
- fitness



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

Club ID: 117