

# Laura P.



**Master Trainer**  
**Group X Instructor**  
**Team Member Since: 2008**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BS in Finance from California State University at Long Beach
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Teaching group cycle, come try my class!
- Spending time with my three nephews
- Scrap booking



For more info about this trainer,  
scan this code with your smart phone or visit:

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 130

