

# Laura S.



**Certified Personal Trainer**  
**Team Member Since: 2008**

## Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Painting
- Rasing family



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

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