

Laura R.

Education & Certifications

- BA in Adult Fitness & Exercise Science and minor in Nutrition from Metropolitan State College Denver
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- CPR Certification



**Certified Personal
Trainer**
Team Member Since:
2011

Hobbies and Achievements

- NPC Figure Competitor
- Nutritional Guidance
- Weight Loss Programs



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

24hourfitness.com/personaltraining

Club ID: 351

