

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



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