

# Laryn T.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- BS in Kinesiology from Sam Houston State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Young Life
- Running
- Music & art



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