

Lashara J.



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

Education & Certifications

- BS in Kinesiology from Texas A&M University, Commerce
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- All American in Discus 3 years in a row.
- Ranked 4th in the nation in Womens Discus, 2011
- Current Womens Discus Record Holder at Texas A&M University, Commerce
- Received All-Conference honors, 2007
- State Champion in the Womens Discus, 2006



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

24hourfitness.com/personaltraining