

Lauren H.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BA in Biology from Caldwell College
- MS in Health, Sport, Exercise Science from University of Kansas
- AED (Automated External Defibrillator)
- CPR Certification

Hobbies and Achievements

4 year Division II athlete
Running 1/2 marathons
Watching college football
Coaching/playing/watching soccer
Former Division II athlete - soccer
Love the outdoors
Enjoy watching all sports



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

24hourfitness.com/personaltraining

Club ID: 378

