

# Laurie R.



**Master Trainer**  
**Team Member Since: 2002**  
**Sessions Serviced:15,000 +**

## Education & Certifications

- MS in Business from California Polytechnic State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- Cooper Institute - Biomechanics of Resistance Training
- Cooper Institute - Personal Trainer Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- RRCA Certified Running Coach
- Marathon Runner
- Running Coach
- Chicago 2010, Dallas 2010, Marine Corps DC 2011 & 2012, Houston 2013



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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 393

