

Karen L.



Certified Personal Trainer
Master Trainer
Team Member Since: 2005
Sessions Serviced: 10,000 +

Education & Certifications

- BS in Psychology from Western Washington University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

Yoga
Skiing
Hiking
Gardening
Scuba Diving



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24hourfitness.com/personaltraining

Club ID: 403

