

Lauren S.



Team Member Since: 2011
Sessions Serviced: Less than 2,000

Education & Certifications

- BS in Kinesiology from University of Houston
- Minor in Business & Nutrition
- 24 Hour Fitness - Certified Personal Trainer
- CPR Certification

Hobbies and Achievements

Track and Field
Dancing
Reading
Traveling



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24hourfitness.com/personaltraining