

# Lauren H.



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

## Education & Certifications

- BS in Health Science-emphasis in nutrition from University of Colorado at Colorado Springs
- AED (Automated External Defibrillator)
- CPR Certification
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Coaching



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