

Laura R.



Master Trainer
Team Member Since: 1982

Education & Certifications

- BS in Kinesiology from California State University Hayward
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Hockey
- Football
- Spending time with my family
- Traveling



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Club ID: 512