

Lauren H.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Running
- CrossFit
- Healthy Cooking
- Camping and Hiking
- Going to the Beach



For more info about this trainer,
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24hourfitness.com/personaltraining