

Lauren P.



Certified Personal Trainer
Team Member Since: 2010

Education & Certifications

- BS in Kinesiology from California State University Sonoma
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Basketball - 17 years, including Division 2 for Sonoma State
- Running cross country - 13 years
- Competitive swimming - 8 years



For more info about this trainer,
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