

# 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,  
scan this code with your smart phone or visit:

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

Club ID: 577

