

Karen L.



Master Trainer
Group X Instructor
Assistant Fitness Manager
Team Member Since: 2004
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Exercise Science from University of Kansas
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Figure competitions
- Spending time with family
- Working out



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