

# Laura S.



**Assistant Fitness Manager**  
**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2006**  
**Sessions Serviced: 10,000 +**

## Education & Certifications

- BS in Advertising and Public Relations from University of Michigan
- MA in Human Service Administration from St. Edwards University
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- Cooper Institute - Master Fitness Specialist
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

## Hobbies and Achievements

- Cycling
- Jogging
- Reading
- Time with family



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