

Lauren P.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Certified Strength, Agility, and Quickness Specialist
- Volleyball (Indoor & Sand)
- Circuit Training
- Family and Friends
- Fishing and being Outdoors



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