

# Lauren S.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- BA in Dance from University of California Santa Barbara
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Professional Dancer 2012
- Certified Pilates Instructor 2013
- Dance Teacher 2009



For more info about this trainer,  
scan this code with your smart phone or visit:

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

Club ID: 728

