

Laura H.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BA in Theater Arts from Arizona State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- National Personal Training Institute of Colorado - Personal Training Certification

Hobbies and Achievements

- Cooking, gardening and hiking
- Spending time with family
- I love a really tough workout!



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

24hourfitness.com/personaltraining