

Laura C.



Certified Personal Trainer
Team Member Since: 2011

Education & Certifications

- BS in Exercise Physiology from Colorado State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Sailing
- Mountain biking and road cycling
- Competitive triathlete



For more info about this trainer,
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