

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,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining

Club ID: 863

