

# Lauren B.



**Master Trainer**  
**Team Member Since: 2008**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BS in Athletic Training from Winthrop University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Athletic Trainers Association - Athletic Trainer Credential

## Hobbies and Achievements

- Hiking
- Running



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

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

Club ID: 886

