

Lauren P.



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

Education & Certifications

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

Hobbies and Achievements

- I love hiking with my dog because I get to exercise and enjoy nature.
- Art is a passion of mine because it lets me see many different perspectives.
- My dream is to travel the world to see what it has to offer.
- My favorite sport to watch and follow is baseball. Go Giants!
- I am proud that I graduated from CSUEB and playing collegiate softball.



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