Lauren M.



Assistant Fitness Manager Team Member Since: 2011 Sessions Serviced: 2,000 +

Education & Certifications

- BS in Exercise and Sport Science from Western Washington University
- American Council on Exercise Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification

Hobbies and Achievements

Weight Lifting Crossfit College Basketball Fan/Pro Football Fan Hiking Travelling



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