

Laura M.



Certified Personal Trainer
Team Member Since: 2010
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Physical Education & Health from Marian University
- MA in Education from Olivet Nazarene University
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Life Coach Certification



For more info about this trainer,
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24hourfitness.com/personaltraining