

Lauren O.



Certified Personal Trainer
Team Member Since: 2014

Education & Certifications

- BA in Sport Pedagogy from University of the Pacific
- AED (Automated External Defibrillator)
- CPR Certification

Hobbies and Achievements

- Minored in Communications
- Division I Womens Soccer
- Division I Track
- I love to hike, surf, camp, and many other outdoor activities.



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

Club ID: 058