

Lauren F.

Education & Certifications

- BS in Marketing from Regis
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist



Certified Personal Trainer
Assistant Fitness Manager
Team Member Since: 2008
Sessions Serviced: 2,000 +

Hobbies and Achievements

- Triathlon and endurance training
- Healthy cooking
- Hiking
- Snowboarding



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

24hourfitness.com/personaltraining

Club ID: 094

