

Laura P.



Master Trainer
Group X Instructor
Team Member Since: 2008
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Finance from California State University at Long Beach
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Teaching group cycle, come try my class!
- Spending time with my three nephews
- Scrap booking



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

24hourfitness.com/personaltraining

Club ID: 130

