

# Laura F.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- Registered Nursing from Saddleback College
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Surfing
- Stand Up Paddling
- Running
- Hiking
- Kickboxing



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

[24hourfitness.com/personaltraining](https://24hourfitness.com/personaltraining)

Club ID: 143