

# Lauren S.



**Fitness Manager**  
**Team Member Since: 2007**

## Education & Certifications

- BA in Biochemistry and Molecular Biology from Boston University
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Nutrition science and dietary theory
- Yoga
- Outdoor Activities
- Cycling



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

Club ID: 159