

Lauren H.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BA in Biology from Caldwell College
- MS in Health, Sport, Exercise Science from University of Kansas
- AED (Automated External Defibrillator)
- CPR Certification

Hobbies and Achievements

- 4 year Division II athlete
- Running 1/2 marathons
- Watching college football
- Coaching/playing/watching soccer
- Former Division II athlete - soccer
- Love the outdoors
- Enjoy watching all sports



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

Club ID: 378