

# Karen L.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2005**  
**Sessions Serviced: 10,000 +**

## Education & Certifications

- BS in Psychology from Western Washington University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

Yoga  
Skiing  
Hiking  
Gardening  
Scuba Diving



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Club ID: 403

