

Lauren H.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BS in Health Science-emphasis in nutrition from University of Colorado at Colorado Springs
- AED (Automated External Defibrillator)
- CPR Certification
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Coaching



For more info about this trainer,
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Club ID: 438