

# Laura R.



**Master Trainer**  
**Team Member Since: 1982**

## Education & Certifications

- BS in Kinesiology from California State University Hayward
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Hockey
- Football
- Spending time with my family
- Traveling



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Club ID: 512