

Laurie D.



**Certified Personal Trainer
Group X Instructor
Team Member Since: 2011**

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Group Trainer
- National Academy of Sports Medicine - Sports Fitness Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Founder, Luvn Livn Senior Fitness
- Patented Designer
- Published author
- Awarded Actor
- Professional Singer



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

Club ID: 514