

Lara M.



Master Trainer
Team Member Since: 2010
Sessions Serviced: 5,000 +

Education & Certifications

- BA in Psychology from University of California, Los Angeles
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Video games
- Tough Mudder
- Weightlifting
- Cooking



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Club ID: 906