

Laura A.
Reformer Instructor

ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL
TRAINING**



**EXERCISE
CLASSES**



**SUCCESS
& SUPPORT**



**NUTRITION
WELLNESS**



Training Motto

It is not always easy to make healthy choices and stick with exercise routines, but it is easy to do what you love and enjoy. So, find those healthy choices and exercise routines you love, enjoy and make you feel good.

Certifications/Education

- BS in Kinesiology • Polestar - Pilates Reformer Certification
- Donna McLean - Pilates Mat I & II Certifications
- California State University, Fullerton -
Balance and Mobility Specialist Instructor Certification
- ACE (American Council on Exercise) Group Fitness Instructor
- ACE (American Council on Exercise) Personal Trainer

Training Specializations

- Feel comfortable working with all ages and groups
- Focus on back, balance and rehab

