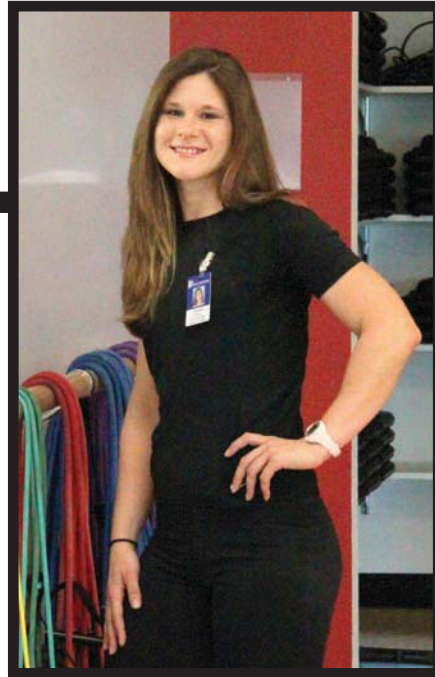


# Personal Trainer

## Laura Coles



### EDUCATION/CERTIFICATIONS

AFAA Certified Personal Trainer  
CPR & First Aid  
Certified Schwinn Cycling Instructor

### ACCOMPLISHMENTS

Completed 1/2 Marathon in 2008  
Completed 5k and 10k

### SPECIALTY TRAINING

Functional Training  
Children  
Strength and Conditioning