



Certifications: ACE Certified Group Fitness Instructor and Personal Trainer

Focus: Mobility, strength training, cardiorespiratory training, one-on-one training and small group training. Works well with all ages and fitness abilities.

Personal Bio: I enjoy being active, but that was not always the case. As a child and young adult I did not care to move my body and always viewed exercise as a negative experience, never a fun positive one. That all changed one day when I happened to meet a group of women who got together a few times a week to exercise. I was apprehensive at first, but as I started to meet them to exercise, I realized how much fun and exciting it can be. I was not only making my body healthier, but my mental and social health was also getting stronger. This is when I decided to embark on a new adventure and bring a healthy mind and body to people through exercise. Come share my passion and let me show you how small changes can make a big impact on your quality of life.

I work with all ages at every level; small group or one on one. Let me help guide you along your personal fitness journey!

LAURA LAWHORN ACE Certified Group Fitness Instructor