



THE NEXT LEVEL

Personal Training at the Y

Lauren Bartlett



Background

Lauren has always enjoyed being an active individual. In her youth, she competed as a figure skater, played volleyball and participated in dance through college. While attending CSULB, Lauren pursued her passion for living a healthy lifestyle and found it to be her mission to encourage others to reveal their healthiest selves through education and practice. She is a big lover of animals and enjoys the outdoors whether it be competing in half-marathons, attending baseball games, or spending the day at Disneyland.

Workout

Lauren's workouts are meant to be fun and informational. Having experience working in a physical therapy setting, she knows how to make sure all expectations of a fulfilling workout are met including flexibility, strength and physical and emotional endurance. Communication is key and Lauren wants to work as a team to achieve your goals.

Certifications & Specializations

- California State University, Long Beach, Bachelor of Science, Kinesiology
- National Academy of Sports Medicine (NASM)

Philosophy

"Do. Or do not. There is no try." - Yoda

Interested in Training with Lauren
Lakewood Family YMCA
(562) 425-7431
Lauren.bartlett@lbymca.org