

LET THE TRANSFORMATION BEGIN



TRAINER

LAUREL KUZINS



DEGREE(S):

B.A. Sociology

CERTIFICATIONS:

YogaWorks & Yoga Alliance
200hr RYT

NASM - Certified Personal Trainer

American Red Cross - First Aid
& CPR

ABOUT:

Laurel built her career based on methods that most resonated with her in her personal wellness journey and embodies a deep passion for helping others feel their absolute best.

Taking a unique, core-centric approach to working out, you can find yourself being challenged, quickly seeing measureable results and most likely even laughing while working out with Laurel. Having personally used Yoga and exercise to overcome anxiety; exercise, including Yoga, provides a place to work out (and in), which fuels Laurel to share the life-changing results of these fitness programs.

As a Yoga and Pilates instructor and NASM CPT, Laurel loves working with a wide range of people, from those just beginning their fitness journey to those looking to advance to new heights in conditioning. Laurel believes there is no such thing as “I can’t” when it comes to working out, it is only a matter of “I can’t yet.” She loves being around people and always comes to work with a smile and genuinely supportive attitude fostering a welcoming space to achieve your fitness goals.



THE CLUB
at CENTURY PARK