

VETERANS MEMORIAL COMMUNITY CENTER PERSONAL TRAINERS

CONTACT DETAILS

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Laura Perry is a certified NETA Personal Trainer and Group Exercise Instructor.

Laura Perry

PERSONAL TRAINER



Personal Summary

Laura believes that everyone can be their best, no matter their age or ability, by creating time-efficient, enjoyable programs tailored to individual interests and goals. She is dedicated to helping you develop a healthy lifestyle through consistent exercise that enhances your quality of life by reducing stress, maintaining a healthy weight, and boosting self-confidence.

Laura enjoys a variety of activities, such as biking, golfing, fitness walking, running, swimming, and cross-country skiing. She has a passion for training for endurance events and has completed multiple marathons and triathlons.

Let Laura guide you with a personalized, consistent, and effective program designed just for you!



Core Skills

- NETA Certified Personal Trainer
- NETA Indoor Group Cycle Certified
- AQUA Exercise Certified
- TRX and Kettlebell Certified
- Triathlon Trainer

CALL OR EMAIL LAURA TO SET UP YOUR APPOINTMENT

