



LAURIE LASSETER

LAURIE@L2PERFORMANCETRAINING.COM | 847-477-5462

OBJECTIVE | Experienced, enthusiastic ACE-certified Personal Trainer and ACE-certified Group Fitness Instructor with specialization in Endurance Training, Muscle Strengthening, Injury Prevention for First-Time and Competitive Marathoners, Distance Runners and other endurance event participants. Over 25 years of Fitness Industry experience – extensive experience training in Cardio/Aerobic endurance, as well as in Muscle Strength and Endurance Training.

SKILLS & ABILITIES | Trained in the following group exercise formats: Cardio/Aerobic (Cardio Jam, Hi-Lo Aerobics), Body Works/Strength Training (Body Works, PowerFlex, PowerBall, Total Strength), Zumba®, Resist-a-ball®, Boot Camp, Aqua Fit/Water Aerobics Formats, Kwando®, Mat Pilates, Powercamp, Urban Rebounding®, BOSU®. Licensed Zumba® Instructor.

EXPERIENCE | **PERSONAL TRAINER, TEAM TRAINER - CHARTER FITNESS**
2013 - PRESENT

Personal Trainer and Team Trainer (Boot Camp-style small group training) at Charter Fitness in Willowbrook, IL. Specialization in runners, older adults, general fitness.

GROUP EXERCISE INSTRUCTOR - LA FITNESS/BALLY TOTAL FITNESS
1988 - PRESENT

Enthusiastic, high energy, motivating, offering a variety of music and add-on style Choreography. Providing a participative, fun experience. Actively helping participants achieve their long-term fitness and body composition goals. Formats regularly taught: Cardio Jam, Body Works plus abs, PowerFlex/PowerBall, Resist-a-Ball®, Aqua.

CERTIFICATIONS | **AMERICAN COUNCIL ON EXERCISE (ACE), 2013 - PRESENT**
CERTIFIED PERSONAL TRAINER

AMERICAN COUNCIL ON EXERCISE (ACE), 1993 - PRESENT
CERTIFIED GROUP FITNESS INSTRUCTOR

AEROBIC AND FITNESS ASSOCIATION OF AMERICA (AFAA), 1998 - PRESENT
CERTIFIED GROUP EXERCISE INSTRUCTOR

AMERICAN HEART ASSOCIATION, 1993 - PRESENT
HEALTH CARE PROVIDER BLS (CPR & AED)

ZUMBA® FITNESS, 2013 - PRESENT
LICENSED ZUMBA® INSTRUCTOR (BASIC 1)

AMERICAN COUNCIL ON EXERCISE (ACE), 1996
CHOREOGRAPHY SPECIALTY CERTIFICATION

RESIST-A-BALL®, 2002
RESIST-A-BALL® C.O.R.E. INSTRUCTOR CERTIFICATION

EDUCATION | **AMERICAN COUNCIL ON EXERCISE (ACE), 2013**
ACE ACADEMY ELITE PERSONAL TRAINING CERTIFICATION TRAINING

SCW FITNESS TRAINING, 2012, 2011, 2009, 2007, 2006, 2003, 1999
MIDWEST MANIA®

IDEA HEALTH & FITNESS ASSOCIATION, 2002, 1998, 1996
IDEA FITNESS FUSION/FACT FEST

AMERICAN COUNCIL ON EXERCISE (ACE), 1993

GROUP FITNESS INSTRUCTOR CERTIFICATION TRAINING
ZUMBA® FITNESS, 2013
ZUMBA® BASIC 1 INSTRUCTOR CERTIFICATION TRAINING
RESIST-A-BALL®, 2002
RESIST-A-BALL® C.O.R.E. INSTRUCTOR CERTIFICATION
AEROBIC AND FITNESS ASSOCIATION OF AMERICA (AFAA), 1998
GROUP EXERCISE INSTRUCTOR CERTIFICATION TRAINING

HONORS/AWARDS | BALLY TOTAL FITNESS – Instructor of the Quarter (1Q) - 1990

FITNESS
ACHIEVEMENTS | Completed 26 Marathons (including 3 Boston, 12 Chicago, 1 NYC) 1995 – present
3 time Boston Marathon Qualifier & Participant 1996, 2009, 2010
Numerous age-group top-3 awards (5K through Marathon Distances) 1994 – present
Completed 7 Hustle up the Hancock stair climbing races 2007 – 2013
5 top-10 age-group finishes
Team Participant (Motorola): Corporate Sports Battle 1999, 2000, 2001
5K and Sprint Relay participant
2 time individual National medalist, team placed 2nd Nationally (2001)
6 time individual Regional champion

REFERENCES | AVAILABLE UPON REQUEST