



LAURIE LASSETER

LAURIE@L2PERFORMANCETRAINING.COM | 847-477-5462

OBJECTIVE | Experienced, enthusiastic ACE-certified Personal Trainer, RRCA-certified Running Coach 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 28 years of Fitness Industry experience – extensive experience group training in Cardio/Aerobic endurance, Boot Camp Interval Training, Muscle Strength and Endurance Training, Runner Injury Prevention.

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

EXPERIENCE | PERSONAL TRAINER, SMALL-GROUP PERSONAL TRAINER – EDWARD HEALTH AND FITNESS

2013 - PRESENT

Personal Trainer and RunSMART Small-Group Personal Trainer at Edward Health and Fitness at Seven Bridges in Woodridge, IL. Specialization in runners, older adults, general fitness. Created & Developed (and instructor for) the Edward RunSMART Small-Group Personal Training program designed to promote strength training and injury prevention for endurance runners and marathoners.

PERSONAL TRAINER - CHARTER FITNESS

2013 - PRESENT

Personal Trainer 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, Boot Camp, PowerFlex/PowerBall, Resist-a-Ball®, TRX®, Aqua.

PERSONAL TRAINER, SEMI-PRIVATE PERSONAL TRAINER – WELLIGEE PERSONAL TRAINING AND LIFESTYLE

2013 - 2015

Personal Trainer and Semi-Private (Small-Group) Personal Trainer at Welligee Personal Training and Lifestyle in Naperville, IL. Specialization in runners, general fitness and weight loss.

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

ROAD RUNNERS CLUB OF AMERICA, 2015 - PRESENT
CERTIFIED RUNNING COACH

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)
AMERICAN COUNCIL ON EXERCISE (ACE), 1996
 CHOREOGRAPHY SPECIALTY CERTIFICATION
TRX®, 2016
 TRX® SUSPENSION TRAINING CERTIFICATION
RESIST-A-BALL®, 2002
 RESIST-A-BALL® C.O.R.E. INSTRUCTOR CERTIFICATION
ZUMBA® FITNESS, 2013 - 2014
 LICENSED ZUMBA® INSTRUCTOR (BASIC 1)

EDUCATION | **AMERICAN COUNCIL ON EXERCISE (ACE)**, 2013
 ACE ACADEMY ELITE PERSONAL TRAINING CERTIFICATION TRAINING
ROAD RUNNERS CLUB OF AMERICA, 2015
 RRCA COACHING CERTIFICATION COURSE
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
TRX®, 2016
 TRX® SUSPENSION 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
ZUMBA® FITNESS, 2013
 ZUMBA® BASIC 1 INSTRUCTOR CERTIFICATION TRAINING

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

FITNESS ACHIEVEMENTS | Completed 30 Marathons (3 Boston, 12 CHI, NY, Berlin, Tokyo, London) 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