

Client: Jim - age 63:

“Laurie has a strong science back ground and it shows in her approach to personal training. She is not just about getting you do a certain routine week after week. She designs the training to fit what her clients need and does this with curiosity and lots of questions. She keeps a careful training log so there is no guessing about the weights to use or number of reps. She sets a high standard for what she wants and coaches you to achieve it.”

“I also take Laurie’s RunSMART Small Group Personal Training class. It’s pretty simple, you show up and are coached to do the things you always hear that a runner should do, but on your own you probably don’t. This is a well-designed class to help prevent injury and keep one running well.”

