



Laurie Larson, Certified Master Trainer

Laurie's love of fitness began at the age of 5 with her first ballet lesson. She continued to choreograph, teach, while performing dance and fitness into her 30's. A few years later she found herself once again onstage and in the spotlight as a fitness competitor in the late 90's. Fitness led to bodybuilding and with great success, winning the overall at 4 of her first 5 nationally ranked competitions. The only woman to win all three of the major Colorado titles, the CO State, the Rocky Mountain (twice) and the Sean Ray Classic, she will be back to claim another this summer at the Warrior Classic.

While attending Colorado State for her exercise sport science degree, a group fitness instructor/coordinator position led to a fitness director position with Agilent/HP Loveland for more than 8 years where she had the opportunity to work with a large and incredibly diverse population.

Certified in group fitness, personal training, lifestyle and weight management by ACE/AAA and ISMA, Laurie has chosen to keep up with the current research and follow the walk as well. Laurie has appeared in many exercise videos and co-authored "Welcome to Wellness" a guide to healthy weight training. As a mother of three who has also fought weight issues and undergone accident rehab herself, she has a true understanding of a client's complex circumstances. Laurie has worked with thousands of individuals in this field, and will continue helping them reach their fitness goals, including but not limited to-school programs, body sculpting, weight management, seniors, individuals with chronic health conditions, figure, bodybuilding competitors and everyone in between. Beginners and competitive athletes will benefit from her-experience, skill, and most importantly the passion for a healthier, fitter you!