

LAURA TREGANOWAN

FITNESS X TECH

HELLO!

A multi-passionate, motivated individual constantly developing my skills and professional growth.

I am confident in my ability to learn quickly, adapt to new learning environments, and be a team player.

CONTACT

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📍 Bangkok, Thailand

CERTIFICATES

Front-end Web Development
THE INSTITUTE OF CODE - FEBRUARY 2017

Javascript
UDEMY - JULY 2017

Digital Marketing
UDEMY - JULY 2017

EXPERIENCE

- **OMMO Studios - Program Manager**
JULY 2017 - PRESENT
Responsible for the creative direction, recruiting, training, and international expansion of indoor cycling program.
- **Flywheel Sports - Instructor & Challenge Coach**
AUGUST 2015 - OCTOBER 2016
Full-time fitness Instructor and health coach for in-studio fitness challenges.
- **NRG Marketing - Marketing Coordinator**
FEBRUARY 2015 - OCTOBER 2016
Community marketing coordinator for The North Face Mountain Athletics program
- **Chevron - Corporate Wellness Specialist**
FEBRUARY 2014 - MARCH 2015
Planned and executed corporate wellness health programs and personal training

EDUCATION

- **Southern New Hampshire University**
FEBRUARY 2015 - PRESENT
Master's in Health Communication
- **The University of Arizona**
GRADUATED: 2013
Bachelor of Science in Public Health