

Lauren Gassman

Introduction:

My fitness career started in college at VCU where I completed a BS in Exercise Science. I began teaching group exercise classes and then went on to become a Personal Trainer in 2010. I have worked with varying populations from elementary school children to corporate fitness, to individuals post-rehab. While their exercise programs might change, my goal has always been the same: to meet clients where they are and help them be their healthiest, happiest self.



Experience:

While I have taught a range of group exercise classes (strength, cycle, yoga, BODYPUMP, aquatic fitness, and TRX), I value the one-on-one experience of personal training. By assessing a client's movement patterns, learning about her motivation for changing her exercise routine, and programming appropriate exercises my clients have reached their goals of weight loss, improved balance and mobility, and increased strength and stamina.

Certifications:

ACSM Certified Exercise Physiologist

ACE Certified Group Fitness Instructor

AEA Certified Fitness Professional

BODYPUMP Instructor

Mad Dogg Spinning certified

CPR/AED certified

Focus:

The best kind of exercise is the one you do most consistently. I use my wide knowledge of exercises from group fitness and strength training to create exercise programs that are fun but purposeful. I want my clients to understand the reason behind the exercises I've chosen. Whether it's to improve their balance, mobility, or overall quality of life, I want to educate my clients so they feel confident in programming exercises on their own.