Laura Hathaway

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# Skills Summary

Personal Trainer, Yoga Instructor, Arthritis Exercise Instructor

# Education

## Bachelor of Art 1992-San Diego State University

American Council on Exercise, Personal Trainer, since cell 2010

Aquatic Exercise Association, Arthritis Instructor 2016

A Gentle Way Yoga, 200 hour Teacher Training Certification 2008

# Experience

## Mission Valley YMCA, San Diego, CA

November 2010 to Present

### Personal Trainer

I design individual workout plans for clients ranging in age from 45-85 years. I also work with the diseases of aging including Arthritis, Osteoporosis, Blindness, Hearing Loss and lack of balance and stability.

Rancho Family YMCA, San Diego, CA

October 2009-November 2010

Wellness Coach

I began as a Wellness Coach at this No. San Diego YMCA and worked in the gym helping members with the gym equipment. This was an entry level position with the Y. I transferred to the Mission Valley YMCA after one year for growth and career opportunities.