



Calvert County Parks & Recreation,
The Northern District Presents...



GET TO KNOW YOUR INSTRUCTORS!

MEET **Laura Turnbaugh**

What do you teach?
Fuel Fitness

How long have you been teaching your class?
I have been teaching this type of high interval cross-training classes for 7+ years.

Profession when you're not teaching:
I work as a Resource Administrator for the Comprehensive Soldier and Family Fitness Program, Ft. Belvoir.

Certifications:
Certified Personal and Group Fitness Instruction

More about Laura:
I am so passionate and believe that this type of exercise has almost immediate results in a healthier, happier, more fit lifestyle. Come out and try it; this class will not only challenge you but you will have fun.