



Laura Martinets

Personal Trainer

Laura's upbringing spanned multiple states and several formative years in England, where she experienced both American and British educational systems. A natural athlete and musician, Laura excelled in swimming, horseback riding, and music, mastering both the piano and flute.

After earning her degree from the University of Texas, Laura married and devoted herself to raising a family and homeschooling her children while pursuing her passion for fitness. With over three decades of experience as a swim instructor and water aerobics coach, Laura's dedication to wellness has touched countless lives. She is a certified personal trainer through the National Academy of Sports Medicine (NASM) and also holds certifications in nutrition and group fitness.

Passionate about empowering others, Laura strives to help individuals become the best version of themselves through personalized fitness and wellness strategies. She believes that physical well-being is the foundation for success in all areas of life.

Availability: Tuesday/Thursday mornings, Monday/Wednesday evenings

Contact Laura at lmartinets@gmail.com or (940) 389-7614 to schedule an appointment.