

April H.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BS in Exercise & Sports Science from Concordia University Irvine
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Running
- Coaching cross country & track and field
- Competed in college cross country & track and field
- Snowboarding
- Boxing



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