

# Jen H.



**Certified Personal Trainer**  
**Group X Instructor**  
**Assistant Fitness Manager**  
**Team Member Since: 2010**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Played Ice Hockey for 7 Years
- Volunteer with Make-A-Wish Foundation
- Love going to Sci-Fi Conventions



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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)