

Colton H.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- BS in Kinesiology from California State University, Chico
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Golf
- Surfing
- Beach Volleyball
- Played 4 years of college baseball



For more info about this trainer,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining