

# Lesli H.



**Master Trainer**  
**Team Member Since: 2000**

## Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- Aerobic and Fitness Association of America - Personal Trainer Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- River trips
- Snowboarding



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

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

Club ID: 078