

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