

# Michael H.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Federation of Professional Trainers - Personal Trainer

## Hobbies and Achievements

- Weight training
- School
- Cooking



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