

Alyson H.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BS in Nutrition Sciences from University of Arizona
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Biking
- Hiking
- Running
- Beach, travel and exploring LA
- Foodie at heart



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

24hourfitness.com/personaltraining