

# Frank H.



**Certified Personal Trainer**  
**Master Trainer**  
**Group X Instructor**  
**TC24 Coach**  
**Team Member Since: 2011**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Nike Training camp certified since 2012
- High X certified since 2015
- Nutrition
- Strength and endurance training



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

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

Club ID: 097

