

# Dave H.



**Certified Personal Trainer**  
**Team Member Since: 2010**

## Education & Certifications

- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Wilson baseball, tennis and football
- Weight training
- Avid snowboarder



For more info about this trainer,  
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