

# Esther H.



**Certified Personal Trainer**  
**Team Member Since: 2013**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BS in Kinesiology from California State University Fullerton
- AED (Automated External Defibrillator)
- CPR Certification
- International Fitness Professionals Association - Personal Fitness Trainer Certification
- National Strength and Conditioning Assoc. - Certified Personal Trainer

## Hobbies and Achievements

- I have competed in many road races placing in the top 15% in many.
- Marathons Half Marathon 10K 5K
- Skiing
- Biking
- Hiking.



For more info about this trainer,  
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[24hourfitness.com/personaltraining](https://24hourfitness.com/personaltraining)

Club ID: 125

