

Patrick H.



Master Trainer
Fitness Manager
Team Member Since: 2007
Sessions Serviced: 2,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Traveling with family and friends
- Following favorite sports teams: Oakland Raiders, LA Dodgers, USC Trojans
- Worked for Jillian Michaels on TV show "Losing It"
- Trained member for Dr. Phil segment "The Real Housewives of Dr. Phil"
- Trained member for follow-up with TV show "The DRs"



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

24hourfitness.com/personaltraining

Club ID: 128

