

Heather F.



Certified Personal Trainer
Team Member Since: 2011

Education & Certifications

- BS in Business-Marketing from California Poly San Luis Obispo University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Completed 1 marathon and 4 half marathons
- Finished 3 Triathalons and won Catalina Sprint for her age group
- Enjoys trail running



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24hourfitness.com/personaltraining