

# Tavea H.



**Certified Personal Trainer  
Assistant Fitness Manager  
Team Member Since: 2011**

## Education & Certifications

- BA in Kinesiology from Biola University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Volleyball
- Reading
- Singing in the car



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