

# Josh H.



**Master Trainer**  
**Team Member Since: 1998**  
**Sessions Serviced: 15,000 +**

## Education & Certifications

- BS in Kinesiology from Washington State University
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- USOC Olympic Lifting Coach
- Cooking
- Finance
- Football and hockey



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