

Joshua H.



Certified Personal Trainer
Team Member Since: 2009

Education & Certifications

- BA in Kinesiology from Louisiana State University
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Health Fitness Specialist
- CPR Certification

Hobbies and Achievements

- Cooking
- Snowboarding
- Fitness competitions
- Weight lifting



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