

# 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



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

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