

Britta H.



Certified Personal Trainer
Fitness Manager
Team Member Since: 2009

Education & Certifications

- BS in Exercise Science from North Park University
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Certified in Vinyasa Yoga Sculpt
- Bodybuilding: Figure Competition
- Sprinting, Plyos, Running Stairs



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

24hourfitness.com/personaltraining

Club ID: 185

