

Ashley H.



Team Member Since: 2011

Education & Certifications

- BS in Exercise and Sport Science: Fitness & Nutrition from Oregon State University
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Health Fitness Specialist
- bodybugg® Calorie Management System Certification
- CPR Certification

Hobbies and Achievements

- Gymnastics, Football, Basketball, Hiking... basically most sports
- Playing piano
- Reading
- Cooking and baking



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

24hourfitness.com/personaltraining