

Thomas H.



Team Member Since: 2005

Education & Certifications

- BS in Accounting from University of Notre Dame
- Cooper Institute - Biomechanics of Resistance Training
- Cooper Institute - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Cooking
- Cycling
- Reading
- Soccer



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

24hourfitness.com/personaltraining

Club ID: 213