

Tawna H.



Master Trainer
Group X Instructor
Team Member Since: 2001
Sessions Serviced: 10,000 +

Education & Certifications

- BA Degree in Dramatic Arts from University of Toronto
- TRX Sports Medicine Specialist from TRX
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Academy of Sports Medicine - Sports Fitness Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Depeche Mode music fan
- Online video gamer
- The Toronto Maple Leafs



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

24hourfitness.com/personaltraining