

Mai H.



**Certified Personal Trainer
Group X Instructor
Team Member Since: 2012**

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- I like to teach indoor Cycle classes.
- I love to work out.
- I like to run and ride my bike..
- I love to garden and cook!!!!



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

24hourfitness.com/personaltraining

Club ID: 228