

Samuel H.



Certified Personal Trainer
Master Trainer
Team Member Since: 2012
Sessions Serviced: 2,000 +

Education & Certifications

- Enter degree or delete this.
- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Fitness Therapy Certification

Hobbies and Achievements

- College Decathlete (track and field)
- Nutrition
- Yoga
- Basketball



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

24hourfitness.com/personaltraining