

Peter H.



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

Education & Certifications

- 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
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- #1 in Varsity Tennis Singles in High School
- Avid Golfer
- Any Type of Physical Activity
- Played Drums for 12 years
- Working Out



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