

# Patrick H.



**Certified Personal Trainer**  
**Team Member Since: 2007**

## Education & Certifications

- BS in Exercise Science from Nicholls State
- BA in Liberal Arts from Nicholls State
- AED (Automated External Defibrillator)
- 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

## Hobbies and Achievements

- Spending time with my family
- Weight training
- Fishing



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

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 352