

# Mandy H.



**Certified Personal Trainer  
Team Member Since: 2011**

## Education & Certifications

- BA in Sociology from University of Mary-Hardin Baylor
- MA in Applied Sociology from Baylor University
- AED (Automated External Defibrillator)
- CPR Certification
- World Instructor Training School - Personal Trainer Certification

## Hobbies and Achievements

- Danskin sprint triathlon series
- Running
- Swimming
- Biking
- Weight training



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

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