

Elaina H.



Team Member Since: 1999

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Hiking
- Skiing
- Outdoor activities



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

24hourfitness.com/personaltraining