

Carol H.



**Certified Personal Trainer
Team Member Since: 2013**

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist

Hobbies and Achievements

- Figure competitions
- Emerald Cup Masters 5th, 2013
- Big Sky Masters 1st, 2013
- Spending time with my boxer dog
- Always willing to try anything to do with fitness
- Motorcycles and road biking



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 411