

# Heather P.



**Certified Personal Trainer  
Group X Instructor  
Team Member Since: 2009**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Mother of 4
- Top 3 age group Triathlon - Sprint, Olympic Ironman
- Running Half and Full Marathons
- Century Cyclist
- Crossfitter



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

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

Club ID: 415