

# Heather D.

## Education & Certifications

- X
- 24 Hour Fitness - Certified Personal Trainer
- bodybugg® Calorie Management System Certification
- 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



**Team Member Since: 2002**

## Hobbies and Achievements

- Shopping
- Snowboarding
- Spending time with my daughter



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

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