

# David H.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- BS in Exercise and Sports Science from University of Utah
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Running
- Snowboarding, Skateboarding and Wakeboarding
- Musician



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)