

Tyler H.



Team Member Since: 2005

Education & Certifications

- Over 5,000 Sessions Trained
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Cycling
- Food and nutrition
- Rock climbing



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

24hourfitness.com/personaltraining