

Bridget H.



Certified Personal Trainer
Master Trainer
Team Member Since: 2008
Sessions Serviced: 5,000 +

Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- 200 Hour Flow Yoga Teacher Training for Yoga Alliance and Barefoot Movement
- Hobbies include Volleyball
- Reading
- Biking
- Seeing Live Music



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

24hourfitness.com/personaltraining

Club ID: 435