

Bridget H.



Master Trainer
Team Member Since: 2008

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

Hobbies and Achievements

- Frisbee
- Life coach
- Volleyball



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

24hourfitness.com/personaltraining