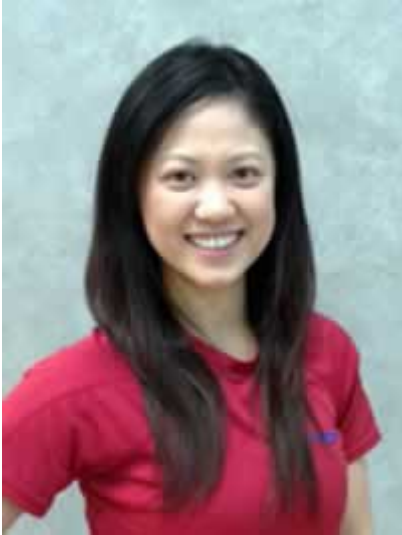


Charlene H.



Certified Personal Trainer
Team Member Since: 2009
Sessions Serviced: 2,000 +

Education & Certifications

- BA in Molecular Cell Biology from University of California Berkeley
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Cooking and nutrition
- Turbo kickboxing
- Snow boarding
- Fluent in Mandarin



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

24hourfitness.com/personaltraining

Club ID: 493

