Heidi V.

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. Personal Fitness Trainer
- TRX Suspension Training Certified TRX Instructor



Certified Personal Trainer Team Member Since: 2012

Hobbies and Achievements

- Basketball
- Working Out
- CrossFit



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