

Alex H.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BA in Advanced Health and Fitness from Bryan University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Bodybuilding
- Spending time with my dogs
- Watching sports



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

24hourfitness.com/personaltraining

Club ID: 498