

# Elsa H.

## Education & Certifications

- BS in Business Management from University of Phoenix
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer



**Certified Personal Trainer**  
**Group X Instructor**  
**Team Member Since: 2008**

## Hobbies and Achievements

- Teaching Zumba, BODYCOMBAT, BODYPUMP, Yoga & Cycle
- Silver Sneakers Trained since 2010
- Sports Enthusiast (NBA, NFL, MLB)
- Enjoy cooking, painting, scrapbooking & running



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