

Tim H.



Certified Personal Trainer
Master Trainer
Assistant Fitness Manager
Team Member Since: 2001
Sessions Serviced:15,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Fitness Professionals Association - Personal Fitness Trainer Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Weightlifting and Functional Training
- Mixed Martial Arts
- Traveling
- Video Games and Movies



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