

# Jesse H.



**Certified Personal Trainer**  
**Team Member Since: 2012**  
**Sessions Serviced:10,000 +**

## Education & Certifications

- Exercise Science and Kinesiology from Wichita State University
- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- Cooper Institute - Personal Trainer Certification
- CPR Certification
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Anything Alpine and anything Epic
- Mountaineering
- Trail Running
- Mountain Biking
- Triathlon



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

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 572

