

Ryan H.



Master Trainer
Team Member Since: 2009
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Health Management and Exercise Science from Southeast Missouri State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Adventure Racing
- Growing Beards
- Harmonica and Mandlin
- Moo Sul Kwan Taekwondo



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24hourfitness.com/personaltraining

Club ID: 572

