

Sheila H.



**Certified Personal Trainer
Team Member Since: 2012**

Education & Certifications

- Enter degree or delete this.
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council for Certified Personal Trainers - Future Fit Inc.
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

PADI Certified Rescue Diver 2006-Present

Tennis

I love being out in the great outdoors.

Surfing and SUP

Biking



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

24hourfitness.com/personaltraining