

Heidi C.



Certified Personal Trainer
Master Trainer
Team Member Since: 2006
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Criminal Justice from University of Nebraska at Omaha
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Studying for my BS in Dietetics through the University of Alabama
- Competing in figure competitions
- Volleyball
- Watching suspense movies



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 598

