

Kate H.



Master Trainer
Fitness Manager
Team Member Since: 2011

Education & Certifications

- BA in Communication Studies from Texas State University
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- bodybugg® Calorie Management System Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Cycling
- Running
- Wake boarding
- Snow boarding



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24hourfitness.com/personaltraining

Club ID: 653