

Joan H.



**Certified Personal Trainer
Team Member Since: 2013**

Education & Certifications

- BS in Kinesiology from California State University, Fullerton
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Community Volunteer
- Award Winning National Triathlon Team and Collegiate T&F Coach Men & Women
- World (1990) & National Champion - Track & Triathlon (1982, 1990, 1992)
- U.S. Olympian 1984 - 8th Place, Olympic Final
- World & American Record, Track 1982



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

24hourfitness.com/personaltraining

Club ID: 694