

# Erica H.



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

## Education & Certifications

- BS in Management from Park University
- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Fitness Therapy Certification

## Hobbies and Achievements

- 1st degree black belt
- Sand volleyball
- Indoor volleyball
- Running long distance
- Cooking



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

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 698

