

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,
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24hourfitness.com/personaltraining