

# Jessica H.



**Certified Personal Trainer  
Team Member Since: 2012**

## Education & Certifications

- Enter degree or delete this.
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification

## Hobbies and Achievements

Hiking with my Golden Retriever Jayden

Compensative Women's Fast pitch Softball on Sunday's

4.0 GPA obtained from Redstone College of Aviation in 2009

Love working with people in a way that changes lives/improves performance

Enjoy hands on projects, maintenance and tinkering on my bike



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

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

Club ID: 848