

# Nathan 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
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

Played football for Colorado State University from 2007-2010.  
Continuously training my own body for peak performance.  
Taking my dog for runs.  
Enjoying my time with friends and family.



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 848