

# Brent H.



Team Member Since: 2009

## Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- CPR Certification
- International Sports Sciences Assoc. - Fitness Therapy Certification
- National Strength and Conditioning Assoc. - Certified Personal Trainer

## Hobbies and Achievements

- Reading
- Learning
- Going to concerts
- Outdoor activities



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

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