

Candace H.



Master Trainer
Team Member Since: 2009
Sessions Serviced: 2,000 +

Education & Certifications

- BA in Health and Kinesiology from University of Texas at Tyler
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Rollerderby
- Cross training and cardio
- Love to be outside, camping, hiking, and, rock climbing
- Drawing or reading in my downtime
- Spending time with family



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