

Wendy H.



Certified Personal Trainer
Master Trainer
Group X Instructor
Team Member Since: 2012
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Social Work from University of Wyoming
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Road and track cycling
- Mountain biking and hiking
- Yoga and Pilates
- Watching my son compete
- Walking the dog and hanging out with family



For more info about this trainer,
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24hourfitness.com/personaltraining