

Aaron H.



Certified Personal Trainer
Team Member Since: 2010

Education & Certifications

- BS in Kinesiology from California State University, East Bay
- 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
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Baseball - Played at CSU East Bay
- Playing Basketball, Golf and Tennis
- Wake Boarding and Snowboarding



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24hourfitness.com/personaltraining