

# Heather H.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- BA in International Business from University of Nebraska-Lincoln
- AED (Automated External Defibrillator)
- American Council on Exercise - Lifestyle and Weight Management Coach
- American Council on Exercise - Personal Trainer Certification
- CPR Certification

## Hobbies and Achievements

- Enjoy participating in road races
- Love kickboxing
- Always up to try new challenging group fitness class!



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

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

Club ID: 892