

# Kirk H.



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

## Education & Certifications

- BS in Kinesiology from California Baptist University
- AED (Automated External Defibrillator)
- CPR Certification

## Hobbies and Achievements

- Hiking
- Biking
- Ocean Kayaking
- Traveling
- Sports (Detroit Lions)



For more info about this trainer,  
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[24hourfitness.com/personaltraining](https://24hourfitness.com/personaltraining)

Club ID: 893