

Serena H.



Master Trainer
Assistant Fitness Manager
Team Member Since: 2006
Sessions Serviced: 5,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- 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
- National Academy of Sports Medicine - Sports Fitness Specialist
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- 2 Years Physical Therapy Experience
- Pre/Post Natal Certified
- Pain Management Training
- Weight Loss training
- Senior Training



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