

Carlena H.



**Certified Personal Trainer
Group X Instructor
Team Member Since: 2012**

Education & Certifications

- BA in Music from University of California, Davis
- MA in Education from National University
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Music is not just a hobby for me, it is the essence of who I am.
- I enjoy working out, lifting weights and pursuing a healthy lifestyle.
- Dancing is a great form of expression and a great way to blow off steam.
- I love any and every opportunity to be outdoors and break a sweat.



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