

Jessica H.



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

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- I love running half marathons and the sense of accomplishment afterwards.
- Since 2010 I have achieved my personal goal of losing 110 pounds.
- Variety is key, and hiking is my favorite way to change up cardio.
- Family is important and I enjoy relaxing and spending down time with them.
- I enjoy going to school and continuing to learn and develop.



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