

# Ryan H.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2008**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- bodybugg® Calorie Management System Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Council on Strength and Fitness - Personal Trainer
- National Federation of Professional Trainers - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Snowboarding
- Wakeboarding
- Riding Motorcycles
- Movies
- Video Games



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