

Tim H.



Master Trainer
Team Member Since: 2000

Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- 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 Strength and Conditioning Assoc. - Certified Personal Trainer

Hobbies and Achievements

- Being a Dad
- Bike riding
- Movies
- Sports



For more info about this trainer,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining

Club ID: 962