

# Alyson H.



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

## Education & Certifications

- BS in Nutrition Sciences from University of Arizona
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Biking
- Hiking
- Running
- Beach, travel and exploring LA
- Foodie at heart



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

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

Club ID: 097