

Anthony H.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- AED (Automated External Defibrillator)
- 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

Hobbies and Achievements

- Playing football with friends
- Watching football
- College and NFL
- Working out
- Reading
- Studied Martial Arts a few years



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 097