

Frank H.



Certified Personal Trainer
Master Trainer
Group X Instructor
TC24 Coach
Team Member Since: 2011
Sessions Serviced: 5,000 +

Education & Certifications

- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Nike Training camp certified since 2012
- High X certified since 2015
- Nutrition
- Strength and endurance training



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

24hourfitness.com/personaltraining

Club ID: 097

