

Dalton H.



Master Trainer
Team Member Since: 2013
Sessions Serviced: 2,000 +

Education & Certifications

- BA in Kinesiology from Cal State Fullerton
- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- National Federation of Professional Trainers - Personal Trainer

Hobbies and Achievements

- Varsity Track & Field (2005-2009)
- Varsity Basketball (2005-2009)
- Orange League MVP (Basketball 2009)
- Division 1 Basketball (CSUF)
- 2 Year Physical Therapy Internship



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

24hourfitness.com/personaltraining

Club ID: 111

