

Dave H.



Certified Personal Trainer
Team Member Since: 2010

Education & Certifications

- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Wilson baseball, tennis and football
- Weight training
- Avid snowboarder



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

Club ID: 111