

Esther H.



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

Education & Certifications

- BS in Kinesiology from California State University Fullerton
- AED (Automated External Defibrillator)
- CPR Certification
- International Fitness Professionals Association - Personal Fitness Trainer Certification
- National Strength and Conditioning Assoc. - Certified Personal Trainer

Hobbies and Achievements

- I have competed in many road races placing in the top 15% in many.
- Marathons Half Marathon 10K 5K
- Skiing
- Biking
- Hiking.



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

Club ID: 125

