

# Heather F.



**Certified Personal Trainer**  
**Team Member Since: 2011**

## Education & Certifications

- BS in Business-Marketing from California Poly San Luis Obispo University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Completed 1 marathon and 4 half marathons
- Finished 3 Triathalons and won Catalina Sprint for her age group
- Enjoys trail running



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

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 159