

# Sefton H.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- BS in Business Management from University of Missouri - Columbia
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

Reading  
Hunting  
Pumping Iron  
Swimming



For more info about this trainer,  
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[24hourfitness.com/personaltraining](https://24hourfitness.com/personaltraining)

Club ID: 339