

# Jonathan H.

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Personal Trainer



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

## Hobbies and Achievements

- Air Force ROTC
- Running triathlons and obstacle races



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

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

Club ID: 343

