

Patrick H.



Certified Personal Trainer
Team Member Since: 2007

Education & Certifications

- BS in Exercise Science from Nicholls State
- BA in Liberal Arts from Nicholls State
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Spending time with my family
- Weight training
- Fishing



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24hourfitness.com/personaltraining

Club ID: 352