

Jonathan H.



Certified Personal Trainer
Master Trainer
Assistant Fitness Manager
Team Member Since: 2011
Sessions Serviced: 5,000 +

Education & Certifications

- BA in Communication from Briarcliff University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Trail Running
- Enjoying Live Music and festivals
- Wrestling, Martial Arts
- Reading
- Creating Music Guitar, Bass, Piano



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

24hourfitness.com/personaltraining

Club ID: 372