

Kelli H.



Master Trainer
Assistant Fitness Manager
Team Member Since: 2005
Sessions Serviced: 10,000 +

Education & Certifications

- BA in Fine Arts from Texas A & M University-Kingsville
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- Cooper Institute - Biomechanics of Resistance Training
- 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
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Running (marathons and mudruns!)
- Traveling
- Skydiving
- Scuba diving
- Softball



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24hourfitness.com/personaltraining

Club ID: 375