

# Elaina H.



Team Member Since: 1999

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Hiking
- Skiing
- Outdoor activities



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

Club ID: 383

