

# Carol H.



**Certified Personal Trainer  
Team Member Since: 2013**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist

## Hobbies and Achievements

- Figure competitions
- Emerald Cup Masters 5th, 2013
- Big Sky Masters 1st, 2013
- Spending time with my boxer dog
- Always willing to try anything to do with fitness
- Motorcycles and road biking



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

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

Club ID: 411