

# Carole H.



**Master Trainer**  
**Team Member Since: 1999**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Road biking
- Snorkeling
- Traveling



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

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

Club ID: 415

