

Heather D.

Education & Certifications

- X
- 24 Hour Fitness - Certified Personal Trainer
- bodybugg® Calorie Management System Certification
- 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



Team Member Since: 2002

Hobbies and Achievements

- Shopping
- Snowboarding
- Spending time with my daughter



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

24hourfitness.com/personaltraining

Club ID: 431

