

# David H.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- BS in Exercise and Sports Science from University of Utah
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Running
- Snowboarding, Skateboarding and Wakeboarding
- Musician



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

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

Club ID: 434