

Diane H.



Certified Personal Trainer
Master Trainer
TC24 Coach
Team Member Since: 2003
Sessions Serviced: 20,000 +

Education & Certifications

- MA in Business from Marylhurst
- BA in Business from Southern Oregon University
- American Council on Exercise - Lifestyle and Weight Management Consultant Certification
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- TC24 Coach
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Running
- Downhill I Skiing
- Golfing
- Biking
- Travelling and combining any and all of the above



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 491