

# 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,  
scan this code with your smart phone or visit:

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

Club ID: 491