

Jeff H.



Certified Personal Trainer
Master Trainer
Team Member Since: 2000
Sessions Serviced:10,000 +

Education & Certifications

- MA in Communications from San Francisco State University
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Cycling, running, motorbiking, gardening, web surfing
- Cooking and eating!
- Formerly overweight, now helping others get in shape!



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

24hourfitness.com/personaltraining

Club ID: 502