

Don H.



Team Member Since: 2008

Education & Certifications

- BS in ?
- 24 Hour Fitness - Certified Personal Trainer
- 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

Hobbies and Achievements

- Reading
- Kayaking
- Mountain climbing
- Cycling
- Family



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

24hourfitness.com/personaltraining

Club ID: 538

