

Tony H.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- BS in Exercise Science from Minnesota State University, Mankato
- BS in Athletic Training from Minnesota State University, Mankato
- MA in Sports Performance from Ball State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

Hobbies and Achievements

- Played Collegiate Football
- I enjoy Recreation Football, Basketball, and Softball
- I enjoy finding fun ways to stay fit and live a healthy life style.



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

Club ID: 573

