

# Jaret H.



**Certified Personal Trainer**  
**Team Member Since: 2011**

## Education & Certifications

- BS in Exercise Science from Adelphi University
- American College of Sports Medicine - Personal Trainer Certification
- CPR Certification

## Hobbies and Achievements

- Marathons
- Building speed, agility and quickness
- Baseball and basketball
- Cooking



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

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

Club ID: 654