

# Ross H.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- BA in Communications from S.U.N.Y @ Old Westbury
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist

## Hobbies and Achievements

- Avid surfer and sailor
- Martial arts
- Muay Thai and boxing



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

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

Club ID: 676