

Terri H.



Certified Personal Trainer
Group X Instructor
Team Member Since: 2011
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Marketing from San Diego State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Hiking, Camping and Backpacking
- Running Long Distances
- Completed New York, Rock-n-Roll, Napa and Los Angeles Marathons
- Golf and Golf Fitness - TPI Certified
- High Intensity Interval Training



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

24hourfitness.com/personaltraining

Club ID: 812

