

# Adam H.



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

## Education & Certifications

- BS in Kinesiology from California State University East Bay
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Health and fitness
- All sports
- Outdoorsmen



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

Club ID: 814

