

Kasey H.



Master Trainer
Assistant Fitness Manager
Team Member Since: 2009
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Kinesiology from California State University San Diego
- MA in Kinesiology- Science Rehabilitation from San Diego State University
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®
- National Strength and Conditioning Assoc. - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Physique Competition
- 1st Place 2014 San Diego Muscle Mania Physique



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24hourfitness.com/personaltraining

Club ID: 880

