

Christina H.



Master Trainer
Team Member Since: 2008

Education & Certifications

- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Cycling
- Running
- Spending time with my children



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 886

