

# Lindsay H.



**Certified Personal Trainer  
Group X Instructor  
Team Member Since: 2012**

## Education & Certifications

- BS in Psychology from Longwood University
- MA in Counseling from Virginia Commonwealth University
- MA in Education from Virginia Commonwealth University
- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Snow and Water Skiing - 20+ years
- Group Exercise Instructor (BodyPump, BodyFlow, Cycle)
- Tennis
- Flag Football
- Certified in Mad Dogg Athletics (spinning), Les Mills BodyPump, Les Mills BodyFlow, AFAA Group Fitness



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

Club ID: 891

