

Heather H.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BA in International Business from University of Nebraska-Lincoln
- AED (Automated External Defibrillator)
- American Council on Exercise - Lifestyle and Weight Management Coach
- American Council on Exercise - Personal Trainer Certification
- CPR Certification

Hobbies and Achievements

- Enjoy participating in road races
- Love kickboxing
- Always up to try new challenging group fitness class!



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

24hourfitness.com/personaltraining

Club ID: 892