

# Donna H.



**Master Trainer**  
**Group X Instructor**  
**Team Member Since: 2008**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BS in Kinesiology-Exercise Science from Cal State San Bernardino
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Hiking
- Beach
- Going to the River
- Exercising
- BBQs



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

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

Club ID: 893

