

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,
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24hourfitness.com/personaltraining

Club ID: 893

