

Wendy H.



Certified Personal Trainer
Master Trainer
Assistant Fitness Manager
Team Member Since: 2006
Sessions Serviced: 15,000 +

Education & Certifications

- BA in Woman Studies from Portland State University
- BA in Psychology from Portland State University
- CPR Certification
- International Sports Sciences Association - Strength and Conditioning Certification
- International Sports Sciences Assoc. - Fitness Therapy Certification
- International Sports Sciences Assoc. - Personal Trainer Certification

Hobbies and Achievements

Home remodeling and DIY
Therapy dog training
Active in the Nike N7 movement
Hiking all over Oregon
Wrestling with Pitbulls



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

24hourfitness.com/personaltraining

Club ID: 955

