

Chris W.



Team Member Since: 2007

Education & Certifications

- BS in Sociology from Oregon State University
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Going to church and participating in Bible studies!
- Spending time with my wife and baby daughter and other family members
- Living an active and challenging lifestyle with setting goals and pursuing them
- Watching all the sports I can



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

24hourfitness.com/personaltraining

Club ID: 048

