

# DeMar C.



**Certified Personal Trainer**  
**Team Member Since: 2011**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- World Instructor Training School - Personal Trainer Certification

## Hobbies and Achievements

- Stepping competitions
- Baseball
- Sports and entertainment
- Cooking and nutrition



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

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

Club ID: 055