

Robert C.



Certified Personal Trainer
Master Trainer
Fitness Manager
TC24 Coach
Team Member Since: 2001
Sessions Serviced: 2,000 +

Education & Certifications

- BA in International Relations/Public Law from California State University Northridge
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Academy of Sports Medicine - Weight Loss Specialist
- TC24 Coach
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Watching USC Trojan and Pittsburgh Steelers football
- Spending time at the beach
- Dancing



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

24hourfitness.com/personaltraining

Club ID: 062

