

Chris G.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- BA in Kinesiology-Fitness Specialist from San Diego State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

Hobbies and Achievements

- Collegiate Football Player-SDSU (Mountain West Champions 2012)
- Sports Performance Specialist
- Olympic Power Lifter
- High School Football Coach
- Beach Running



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

24hourfitness.com/personaltraining