

Chris K.



Team Member Since: 2009

Education & Certifications

- BA in Business Southeastern Louisiana University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Played rugby at Louisiana State University in 1999
- Enjoy running 5 Ks
- Completed the San Diego Rock and Roll Marathon Relay in 2009
- Enjoy playing basketball and rock climbing
- Favorite type of gym work is Bodybuilding



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

24hourfitness.com/personaltraining