

Chris S.



Certified Personal Trainer
Team Member Since: 2012
Sessions Serviced: 10,000 +

Education & Certifications

- BA in Business Management from Pepperdine University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Council on Strength and Fitness - Personal Trainer
- National Personal Training Institute of Colorado - Personal Training Certification
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Semi-Pro Football 2011-2012 Defensive Player of the Year
- Wrestling CIF Champ 1999-2001
- Jiu Jitsu Purple Belt
- Hunting and Fishing
- Weight Lifting



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 099