

Thor C.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Speed, strength and agility training with and emphasis in soccer
- Rock climbing
- Plyometrics



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

24hourfitness.com/personaltraining