

# Kristopher G.

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer



**Certified Personal Trainer**  
**Team Member Since: 2008**

## Hobbies and Achievements

- Lifetime soccer player
- Distance runner
- National Guard Fitness NCO
- Water survival instructor
- Distance swimmer



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

[24hourfitness.com/personaltraining](https://24hourfitness.com/personaltraining)

Club ID: 149

