

# Gilbert C.



**Certified Personal Trainer  
Master Trainer  
Team Member Since: 2013  
Sessions Serviced: 2,000 +**

## Education & Certifications

- BS in Psychology from Brescia University
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Hiking
- Cooking
- Running
- Working Out
- Baseball



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)