

Carlos F.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

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

Hobbies and Achievements

- San Marcos High School Girls JV Head Basketball Coach & Varsity Assistant
- Won the 2014 San Diego Division 2 CIF title as an Assistant Coach
- Playing Football, Soccer, and Strength Training
- Ran my first 4.5 40 Yard Dash in 2009



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

Club ID: 181