

Frank C.



Master Trainer
Team Member Since: 1983

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Integrated Flexibility Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Academy of Sports Medicine - Sports Fitness Specialist
- National Council on Strength and Fitness - Personal Trainer
- National Strength and Conditioning Assoc. - Certified Personal Trainer

Hobbies and Achievements

- Raising my four PUGS
- Muay Thai Kickboxing
- Boxing
- Passion for continued education



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

24hourfitness.com/personaltraining