

# Chris K.



**Master Trainer**  
**Team Member Since: 2007**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Astrophysics
- Broadway musicals
- Disc golf



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

Club ID: 202

