

# Chris T.



**Master Trainer**  
**Team Member Since: 2011**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BS in Sports Management from Southwest Baptist University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Exercising! Setting fitness goals and achieving them!
- Bringing the best out of people
- Tasting as many different cuisines and dishes as possible!
- Putting smiles on faces :)



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

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