

# Chris P.



**Master Trainer**  
**Fitness Manager**  
**Team Member Since: 2012**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- BS in Business Administration from University of Texas, Dallas
- AED (Automated External Defibrillator)
- Cooper Institute - Biomechanics of Resistance Training
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist

## Hobbies and Achievements

- Spending time with family
- Fantasy football
- Fishing/water sports
- Nutrition



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

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

Club ID: 209