

Kris P.



Team Member Since: 2003

Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- 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 - Performance Enhancement Specialist
- National Academy of Sports Medicine - Sports Fitness Specialist

Hobbies and Achievements

- Cars
- Sports
- Movies



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

24hourfitness.com/personaltraining