

Chris B.



Certified Personal Trainer
Master Trainer
Team Member Since: 2008
Sessions Serviced: 2,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- NPC Amateur Bodybuilding
- Coaching Arsenal Soccer Academy
- Coaching youth football



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

24hourfitness.com/personaltraining

Club ID: 214

