

Chris M.



Certified Personal Trainer
Group X Instructor
Fitness Manager
Team Member Since: 2012

Education & Certifications

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

Hobbies and Achievements

- Spending quality time with my family
- Running
- Cycling
- Triathlons
- Les Mills-BodyAttack, BodyPump, CXWork, GRIT Series, RPM



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