

Chris M.



Certified Personal Trainer
Master Trainer
Group X Instructor
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

- Music
- Triathlons
- Mountain Biking
- Running
- Reading



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 218