

# Chris C.

## Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer 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 Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- National Federation of Professional Trainers - Personal Trainer
- Professional Fitness Instructor Training
- Professional Fitness Instructor Training - Rehabilitative Exercise Specialist



**Master Trainer**  
**Team Member Since: 1999**  
**Sessions Serviced: 15,000 +**

## Hobbies and Achievements

- Kayaking and canoeing
- Mountain and road biking
- Playing ball with my kids
- Spending time with my family



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

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

Club ID: 313

