

# Sean C.



**Certified Personal Trainer**  
**Team Member Since: 2012**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BA in History from University of Colorado Boulder
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

NPC Physique Competitor  
Mixed Martial Arts  
Football  
European History  
Traveling



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