

# Charles S.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- Enter degree or delete this.
- AED (Automated External Defibrillator)
- American Council on Exercise - Advanced Health and Fitness Specialist
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

Crossfit  
Yoga/Pilates  
Bicycling  
Hiking  
Swimming



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

Club ID: 338