

Chessa V.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- Enter degree or delete this.
- AED (Automated External Defibrillator)
- CPR Certification
- National Personal Training Institute of Colorado - Personal Training Certification
- National Strength and Conditioning Assoc. - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

Running-5k to marathon
Triathlon
Spending time with family
Hiking



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