

# Chris S.

## Education & Certifications

- BS in Environmental Science from SUNY Oneonta
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- American Council on Exercise - Lifestyle and Weight Management Coach
- American Council on Exercise - Personal Trainer Certification
- CPR Certification



**Certified Personal Trainer**  
**Master Trainer**  
**Assistant Fitness Manager**  
**Team Member Since: 2010**  
**Sessions Serviced: 2,000 +**

## Hobbies and Achievements

- LiveWell Colorado Fitness Ambassador - 2013
- Student Athlete Advisory Council Member - 2000 to 2004
- I love being active in all aspects of my life from hiking and biking



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

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

Club ID: 350

