

Brad C.



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

Education & Certifications

- BS in Exercise Science from University of Houston
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- USA Weightlifting Certification

Hobbies and Achievements

- Cycling
- Reading
- Kettlebell Training
- Weight Training
- Triathlon



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24hourfitness.com/personaltraining

Club ID: 362