

# Justin C.



**Master Trainer**  
**Team Member Since: 2003**

## Education & Certifications

- BS in Kinesiology from Stephen F. Austin University
- 24 Hour Fitness - Certified Personal Trainer
- Cooper Institute - Biomechanics of Resistance Training
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Playing golf
- Spending time with family and friends
- Weight training



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 375

