

Kris I.



Certified Personal Trainer
Team Member Since: 2009

Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification

Hobbies and Achievements

- Bodybuilding
- Cooking
- Reading



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24hourfitness.com/personaltraining