

# Chas F.



**Certified Personal Trainer**  
**Master Trainer**  
**Assistant Fitness Manager**  
**Team Member Since: 2011**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- BA in Political Science and Criminal Justice from Washington State University
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Personal Trainer Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- USA Weightlifting Certification

## Hobbies and Achievements

- Powerlifting
- Golf
- Gourmet Cooking
- Overall Athletic Enthusiast



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

Club ID: 413