

Christopher M.

Education & Certifications

- BS in Exercise and Sport Science from University of Utah
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer



Certified Personal Trainer
Team Member Since: 2011

Hobbies and Achievements

- Martial arts
- Trail running
- Reading anything other than textbooks



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

24hourfitness.com/personaltraining