

# 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](https://24hourfitness.com/personaltraining)

Club ID: 431

