

# Chris J.



**Certified Personal Trainer**  
**Group X Instructor**  
**Assistant Fitness Manager**  
**Team Member Since: 2010**

## Education & Certifications

- BA in Health and Exercise Science from the University of Central Arkansas
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- National Federation of Professional Trainers - Personal Trainer

## Hobbies and Achievements

- Camping with friends
- Mountain biking
- Rock climbing
- Singer/Songwriter



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