

Carlos C.



**Certified Personal Trainer
Team Member Since: 2009**

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- I love mountain bike riding
- I am a part-time barber
- I love going to the beach
- I am a shoe collector
- Weight training with high intensity, shadow boxing



For more info about this trainer,
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24hourfitness.com/personaltraining