

# Jeff C.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Personal Training Institute of Colorado - Personal Training Certification
- National Strength and Conditioning Assoc. - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Football
- Basketball
- Baseball
- Traveling
- Working out



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

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)