

# Chris A.



**Certified Personal Trainer**  
**Team Member Since: 2010**

## Education & Certifications

- BA in Cultural Anthropology from California State University San Francisco
- Bilingual English and Spanish
- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Basketball/Football
- Soccer
- Olympic Lifting
- Body Building
- BBQ



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

Club ID: 502