

Lucas C.



Certified Personal Trainer
Team Member Since: 2010

Education & Certifications

- BA in Music Performance from University of California Davis
- MA in Cello Performance from San Francisco Conservatory of Music
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- The Family Crest
- Backpacking
- UC Davis Boxing Team
- Chamber Music and Baroque Music
- Ridiculous Desserts



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