

Nainoa C.



**Certified Personal Trainer
Master Trainer
Team Member Since: 2011
Sessions Serviced: 2,000 +**

Education & Certifications

- BA in Kinesiology from Colorado Mesa University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Staying Fit and Active
- Coaching Football
- Sports
- Golf
- Going to the Beach



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