

Christopher T.



Certified Personal Trainer
Master Trainer
Team Member Since: 2002
Sessions Serviced: 10,000 +

Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Surfing
- Paddleboarding
- Reading



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