Cris L.

Education & Certifications

- BS in Exercise Science from Portland State University
- AED (Automated External Defibrillator)
- CPR Certification
- KETTLEBELL Certified Kettlebell Instructor
- National Council on Strength and Fitness Personal Trainer



Certified Personal Trainer Team Member Since: 2011

Hobbies and Achievements

- Played soccer for Portland State University, Big Sky Defensive MVP 2009
- Plays soccer for the Portland Rain (semi-pro/amatuer) Womens Team
- Coaching soccer and fitness for Tualitin Hills United Soccer Club (ages 6-18)
- Trained with a professional womens soccer team in Germany 2011



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

24hourfitness.com/personaltraining

