

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/amateur) Womens Team
- Coaching soccer and fitness for Tualatin Hills United Soccer Club (ages 6-18)
- Trained with a professional womens soccer team in Germany - 2011



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

Club ID: 562

