

Frank C.



Team Member Since: 2005
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Exercise Physiology from Florida International University
- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

Hobbies and Achievements

- Sports
- Traveling
- Weight training
- Family
- Marine Corps



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