

Chris C.



Master Trainer
Assistant Fitness Manager
Team Member Since: 2006

Education & Certifications

- BS in Kinesiology from Texas A & M University Commerce
- AED (Automated External Defibrillator)
- 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

- Spending time with family
- Anything outdoors
- Also certified in NASM Prenatal, Youth and Senior



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