

Chris A.



Certified Personal Trainer
Group X Instructor
Team Member Since: 2010

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Mens Physique Competitor
- Playing Soccer
- Spending Time with Friends and Family



For more info about this trainer,
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