

Chris N.



Certified Personal Trainer
Master Trainer
Fitness Manager
Team Member Since: 2007
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Kinesiology from Texas A&M
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- 2-Time All American Swimmer for Texas A&M, 2003 & 2004
- Member of Team USA Swimming, 2000-2004
- Weekend warrior
- Avid reader



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