

Roman C.



Master Trainer
Team Member Since: 2000
Sessions Serviced: 15,000 +

Education & Certifications

- BS in Physical Therapy from Fatima College
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- 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

- Loving my wife every waking moment
- Cooking
- Gaming
- Toy Collector
- Watching Sports



For more info about this trainer,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining