

Chris S.



**Certified Personal Trainer
Team Member Since: 2013**

Education & Certifications

- BA in Exercise Science from University of Texas- Arlington
- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Association - Strength and Conditioning Certification
- International Sports Sciences Assoc. - Fitness Therapy Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Bodybuilding
- Football
- Family



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24hourfitness.com/personaltraining

Club ID: 687