Chris G.



Certified Personal Trainer Team Member Since: 2011

Education & Certifications

- BS in Kinesiology from Bryan College
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine Certified Personal Trainer
- TRX Suspension Training Certified TRX Instructor

Hobbies and Achievements

- CrossFit
- Powerlifting
- Biking



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

24hourfitness.com/personaltraining

