

Jeff C.



Certified Personal Trainer
Master Trainer
Team Member Since: 2008
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Kinesiology from Missouri Valley
- BS in Sports Management from Missouri Valley
- 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

- Olympic Wrestler 2004 Athens
- Basketball
- Weight Training



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

24hourfitness.com/personaltraining

Club ID: 809

