

# Patrick C.



**Certified Personal Trainer  
Team Member Since: 2014**

## Education & Certifications

- BS in Sports and Exercise Science from University of Northern Colorado
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Snowboarding
- Football
- Tennis
- Exploring California on my motorcycle
- Improving quality of life through fitness



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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 811