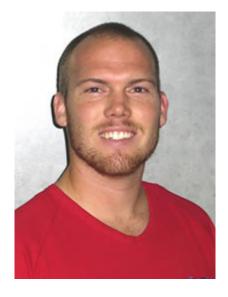
Sam C.



Certified Personal Trainer Team Member Since: 2013

Education & Certifications

- BS in Kinesiology: Exercise Science from California State University, Monterey Bay
- AED (Automated External Defibrillator)
- CPR Certification
- National Strength and Conditioning Assoc. Certified Strength and Conditioning Specialist $\!(\!8\!)$

Hobbies and Achievements

- Volunteer Assistant Mens Soccer Coach CSUMB (2012-13 season)
- Played 4 years as goalkeeper at CSUMB (2007-2011); Two year Captain(2010-11)
- Anything dealing with soccer. 20+ years experience playing.



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

24hourfitness.com/personaltraining

