

# Chris C.



**Group X Instructor**  
**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Bodybuilding
- Basketball
- Hockey



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

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