

Christopher F.



Certified Personal Trainer
Group X Instructor
Team Member Since: 2013

Education & Certifications

- BS in Fitness Management from Barton College
- BS in Gerontology from Barton College
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- American Council on Exercise - Advanced Health and Fitness Specialist
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Student Athlete in Cross Country/ Track
- Running
- Going to the Beach
- Cooking



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24hourfitness.com/personaltraining