

Brock C.



Master Trainer
Assistant Fitness Manager
Team Member Since: 2010
Sessions Serviced: 2,000 +

Education & Certifications

Associates Degree in Exercise Science from Moorpark College

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Long walks on the beach
- Golfing
- Hiking
- Biking
- Working out



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

24hourfitness.com/personaltraining