

# Chris A.



**Certified Personal Trainer  
Team Member Since: 2008**

## Education & Certifications

- BS in Physiology from University of Washington
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

## Hobbies and Achievements

- Music
- Sports
- Volleyball
- Basketball
- Baseball



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

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

Club ID: 886