

Chrysta P.



Certified Personal Trainer
Team Member Since: 2007
Sessions Serviced: 5,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Biking with my kids
- Healthy Cooking
- Running with my kids



For more info about this trainer,
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24hourfitness.com/personaltraining