

Mike C.



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

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Play recreational football
- Coach youth basketball
- Member of US Navy Elite Intel Team
- Conducted boot camps for US Navy



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