

Steve C.

Education & Certifications

- BA in Criminal Law from Sonoma State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer



Certified Personal Trainer
Team Member Since: 2013

Hobbies and Achievements

- I enjoy hiking because it helps improve my stamina and endurance.
- I played collegiate and high school basketball.
- I love playing frisbee golf because it is a fun and awesome workout.
- I believe a healthy diet improves all aspects of our lives.



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24hourfitness.com/personaltraining