

Chris L.



Certified Personal Trainer
Group X Instructor
Assistant Fitness Manager
Team Member Since: 2012

Education & Certifications

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

Hobbies and Achievements

- Mud Run Obstacle Courses
- Playing Volleyball, Soccer, and Ultimate Frisbee
- Brazilian Jiu Jitsu



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