

Chris G.



Master Trainer
Fitness Manager
Team Member Since: 2003
Sessions Serviced: 5,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Sudoku master
- Muay thai
- Tennis/running long distance 26.2 miles



For more info about this trainer,
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