

# JR C.



**Certified Personal Trainer**  
**Team Member Since: 2010**

## Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Certified CPR Instructor/EMT
- Volunteer fire fighter - Boring Fire and Rescue
- Snow boarding, wake boarding and surfing
- Sports and coaching



For more info about this trainer,  
scan this code with your smart phone or visit:

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 954