

# Christine C.



**Certified Personal Trainer**  
**Master Trainer**  
**Fitness Manager**  
**Team Member Since: 2013**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- MS in Exercise Science from California University of Pennsylvania
- BS in Nutrition and Dietetics from California State University Long Beach
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- NPC Bikini Competitor
- Completed Spartan Trifecta
- Snowboarding
- Meal Prepping



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

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

Club ID: 058

