

# Robert C.



**Certified Personal Trainer**  
**Master Trainer**  
**Fitness Manager**  
**TC24 Coach**  
**Team Member Since: 2001**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BA in International Relations/Public Law from California State University Northridge
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Academy of Sports Medicine - Weight Loss Specialist
- TC24 Coach
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Watching USC Trojan and Pittsburgh Steelers football
- Spending time at the beach
- Dancing



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

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

Club ID: 062

