

Chris V.



Certified Personal Trainer
Master Trainer
TC24 Coach
Team Member Since: 2012
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 - Fitness Nutrition Specialist
- National Council on Strength and Fitness - Personal Trainer
- PTA Global - PTA Global PT Certification
- TC24 Coach
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- competed and placed in mens physique in 2013
- nutrition specialist for dietary needs
- snowboarding, paddle boarding, traveling



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

24hourfitness.com/personaltraining

Club ID: 084