

Travis C.



Certified Personal Trainer
Master Trainer
Team Member Since: 2010
Sessions Serviced: 10,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Coach My Sons Soccer/Basketball Team
- I enjoy doing Athletic Type workouts
- My favorite Lifts are Olympic Lifts. Like a golf Swing they can always improve



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

24hourfitness.com/personaltraining

Club ID: 178

