

Chris S.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- 15 years of NPC national level bodybuilding
- NFL Sunday football
- Mixed-Martial Arts



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

24hourfitness.com/personaltraining

Club ID: 184