

Chris P.

Education & Certifications

- BS in Business Administration from University of Texas, Dallas
- AED (Automated External Defibrillator)
- Cooper Institute - Biomechanics of Resistance Training
- 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



Master Trainer
Fitness Manager
Team Member Since: 2012
Sessions Serviced: 5,000 +

Hobbies and Achievements

- Spending time with family
- Fantasy football
- Fishing/water sports
- Nutrition



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 209

