

# Chris M.



**Certified Personal Trainer**  
**Master Trainer**  
**Group X Instructor**  
**Team Member Since: 2012**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Music
- Triathlons
- Mountain Biking
- Running
- Reading



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

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

Club ID: 218