

Charles S.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- Enter degree or delete this.
- AED (Automated External Defibrillator)
- American Council on Exercise - Advanced Health and Fitness Specialist
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

Crossfit
Yoga/Pilates
Bicycling
Hiking
Swimming



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24hourfitness.com/personaltraining

Club ID: 338