

Sterling C.



**Certified Personal Trainer
Team Member Since: 2012**

Education & Certifications

- Enter degree or delete this.
- 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

Hobbies and Achievements

Paintball
Body Sculpting / Physique Competition
Unit Fitness Master Trainer U.S. Army 2012
Air Assault Army 2012
United States Army Presidential Physical Fitness badge 2012



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

24hourfitness.com/personaltraining

Club ID: 364