

Kris I.



Certified Personal Trainer
Team Member Since: 2009
Sessions Serviced: 2,000 +

Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification

Hobbies and Achievements

- Certified Sports Nutritionist
- Certified Ball CORE Trainer



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

24hourfitness.com/personaltraining

Club ID: 406