

Chas F.



Certified Personal Trainer
Master Trainer
Assistant Fitness Manager
Team Member Since: 2011
Sessions Serviced: 5,000 +

Education & Certifications

- BA in Political Science and Criminal Justice from Washington State University
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Personal Trainer Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- USA Weightlifting Certification

Hobbies and Achievements

- Powerlifting
- Golf
- Gourmet Cooking
- Overall Athletic Enthusiast



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

Club ID: 413