

Chris J.



Certified Personal Trainer
Group X Instructor
Assistant Fitness Manager
Team Member Since: 2010

Education & Certifications

- BA in Health and Exercise Science from the University of Central Arkansas
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- National Federation of Professional Trainers - Personal Trainer

Hobbies and Achievements

- Camping with friends
- Mountain biking
- Rock climbing
- Singer/Songwriter



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

24hourfitness.com/personaltraining

Club ID: 492