

# Carlos C.



**Certified Personal Trainer  
Team Member Since: 2009**

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- I love mountain bike riding
- I am a part-time barber
- I love going to the beach
- I am a shoe collector
- Weight training with high intensity, shadow boxing



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

[24hourfitness.com/personaltraining](https://24hourfitness.com/personaltraining)

Club ID: 493