

Chris A.



Certified Personal Trainer
Team Member Since: 2010

Education & Certifications

- BA in Cultural Anthropology from California State University San Francisco
- Bilingual English and Spanish
- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Basketball/Football
- Soccer
- Olympic Lifting
- Body Building
- BBQ



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

24hourfitness.com/personaltraining

Club ID: 502