

# Chris S.



**Certified Personal Trainer**  
Team Member Since: 2011

## Education & Certifications

- BS in Management Information Systems from San Jose State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

## Hobbies and Achievements

- Basketball
- Football
- Bowling
- Weight lifting



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

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

Club ID: 539

