

Susan C.



Certified Personal Trainer
Master Trainer
Group X Instructor
TC24 Coach
Team Member Since: 2005
Sessions Serviced: 2,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TC24 Coach
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Spartan Race 2015
- Spinning Instructor 2005 to present
- Weight Training
- Functional Training
- TRX Training



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

24hourfitness.com/personaltraining

Club ID: 548