

Cindy C.



Master Trainer
Group X Instructor
Team Member Since: 2005
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Exercise Science and Lifestyle Management from UH of Hawaii at Manoa
- 24 Hour Fitness - Certified Personal Trainer
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Hiking
- Weight Training
- Healthy Cooking



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

24hourfitness.com/personaltraining

Club ID: 555

