

Frank C.



Team Member Since: 2005
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Exercise Physiology from Florida International University
- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

Hobbies and Achievements

- Sports
- Traveling
- Weight training
- Family
- Marine Corps



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

24hourfitness.com/personaltraining

Club ID: 621

