

Albert C.

Education & Certifications

- BA in History from Texas Christian University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- National Federation of Professional Trainers - Personal Trainer



Certified Personal Trainer
Team Member Since: 2010

Hobbies and Achievements

- Running
- Reading
- Playing the piano



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 657

