

Chris A.

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor



Certified Personal Trainer
Group X Instructor
Team Member Since: 2010

Hobbies and Achievements

- Mens Physique Competitor
- Playing Soccer
- Spending Time with Friends and Family



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

24hourfitness.com/personaltraining

Club ID: 657

