

# Roman C.



**Master Trainer**  
**Team Member Since: 2000**  
**Sessions Serviced: 15,000 +**

## Education & Certifications

- BS in Physical Therapy from Fatima College
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist

## Hobbies and Achievements

- Loving my wife every waking moment
- Cooking
- Gaming
- Toy Collector
- Watching Sports



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

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 685

