

Christopher R.



Fitness Manager
Certified Personal Trainer
Team Member Since: 2005
Sessions Serviced: 2,000 +

Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Spending time with my family
- Coaching and teaching
- Body building



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

24hourfitness.com/personaltraining

Club ID: 698

