

# Sam C.



**Certified Personal Trainer**  
**Master Trainer**  
**Group X Instructor**  
**TC24 Coach**  
**Team Member Since: 2013**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BS in Kinesiology from Cal. State Univ., Monterey Bay
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Health Fitness Specialist
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

## Hobbies and Achievements

Div. II Collegiate Athlete and Coach  
EMT Basic Certified  
Olympic Lifting and coaching since 2011 . Non Competition  
Lifting Heavy things off the ground multiple times, for fun  
Solve tough math equations written on chalkboards and BFFs Ben Afflick



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

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

Club ID: 814