

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

Club ID: 814

