

# Brian C.



**Certified Personal Trainer  
Team Member Since: 2011**

## Education & Certifications

- BS in Sports Medicine from Eastern Michigan University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

## Hobbies and Achievements

- Playing with 4 year old son
- Play competitive soccer and bowling league
- Recreational weightlifting and strength training
- Watching all sports- Detroit teams and Go Blue
- Teaching fitness trainer program at Carrington College



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

Club ID: 856