

# Benton C.

## Education & Certifications

- 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



**Master Trainer**  
**Group X Instructor**  
**Team Member Since: 2006**  
**Sessions Serviced: 2,000 +**

## Hobbies and Achievements

- Kettlebells
- Functional training
- Weight loss
- Surfing
- Interpretive dance



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

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

Club ID: 863

