

Cesar C.



Team Member Since: 2006

Education & Certifications

- BS in Science from Woodbury University
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Triathlons
- Wrestling
- Boxing
- Fluent in Spanish



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 884

