

# Chris S.



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

## Education & Certifications

- BA in Nutrition from San Jose State
- AED (Automated External Defibrillator)
- American Fitness Professionals and Associates Certification
- bodybugg® Calorie Management System Certification
- CPR Certification

## Hobbies and Achievements

- Love to fish
- Won the LA 2009 bodybuilding Championships



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

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

Club ID: 887

