

# Alister C.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- BA in Biology and Secondary Education from Cornell College
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- CPR Certification

## Hobbies and Achievements

- Reading
- Lifting weights
- Gardening



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

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

Club ID: 890