

Charles P.



Certified Personal Trainer
Team Member Since: 2010

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Fitness Therapy Certification
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Brazilian Jiu-Jitsu
- Boxing
- Basketball
- Hiking
- Rock climbing



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

Club ID: 892