

# Remy C.



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

## Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- TC24 Coach

## Hobbies and Achievements

- Spin Instructor since 2011
- Hiking
- Running
- crossfit



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

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

Club ID: 905