

JR C.



Certified Personal Trainer
Team Member Since: 2010

Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Certified CPR Instructor/EMT
- Volunteer fire fighter - Boring Fire and Rescue
- Snow boarding, wake boarding and surfing
- Sports and coaching



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

Club ID: 954