

Charlie K.



Certified Personal Trainer
Master Trainer
Team Member Since: 2011
Sessions Serviced: 5,000 +

Education & Certifications

- CPR Certification
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

Nature hiking, paddle boarding, discovering new places, love for animals

Family Time with my wife and two boys

Hands on experience to help someone understand how the mind and body work

Educating people on achieving the best results every day

Mind and body synergy



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

24hourfitness.com/personaltraining

Club ID: 960

