



# Christopher Gonzales

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Twenty years of personal training experience working with a wide variety of clients. Professional liability insurance endorsed by the National Academy of Sports Medicine.

## Certifications

- National Academy of Sports Medicine (NASM) 2013-present
- NASM Weight Loss Specialist 2019-present
- International Sports Sciences Association (ISSA) 2004-present
- Cardiopulmonary Resuscitation (CPR) and AED 2001-present
- International Fitness Association (IFA) 2003-2005
- American Council on Exercise (ACE) 2001-2003

## Education

- Kinetic Anatomy DSW Fitness
- Winning Sports Nutrition DSW Fitness
- Speed and Agility The Agility Training Institute
- Lifestyle Wellness Training DSW Fitness

## Employment History

- Lakeshore Athletic Club
- Cheetah Gym
- Hi-Fi Training Studio
- Four Seasons Hotel
- Crunch Fitness