



Chris Masters

Certified Personal Trainer



Education and Certifications:

- B.S. Exercise Science, North Carolina Wesleyan College
- Certified Strength and Conditioning Specialist, NSCA

Training Specialties:

- Golf Fitness Training
- Sport Performance Training
- Weight Loss
- Functional Movement Training

Philosophy on Health and Fitness:

It takes hard work to get in to shape and to stay in shape. Hard work is work, it doesn't come easy. There's a certain drive that everyone has to be better, find what drives you and use it to your advantage.

Personal Information:

In his free time, Chris enjoys hanging with family and friends and playing and coaching baseball.