

meet

# CHRISTOPHER LOPEZ-ROSAS

PERSONAL TRAINER

## ABOUT ME

Fitness never came easily to me. My journey was full of preventable injuries like tendonitis from overuse, sprains, and pulled muscles that set me back and left me frustrated. At the time, I didn't really know what I was doing. I turned to coaches and social media for help, but the information I found only left me more confused. That's when I decided to take matters into my own hands and truly educate myself about health, nutrition, and exercise. What I've learned is that fitness doesn't have to be complicated, and it's never one-size-fits-all. Everyone's body, goals, and lifestyle are different, and the right guidance can make all the difference.

My mission as a trainer is to personalize your experience, so your goals and preferences shape the workout. Together, we'll make your progress approachable, sustainable, and effective. Along the way, I'll teach you the why behind what we're doing, so you leave every session not just stronger, but more confident knowing your results are built on strategies backed by science, not guesswork.

## WHY I BECAME A PERSONAL TRAINER

My background as a tutor and instructional assistant has taught me the rewarding experience of empowering others through knowledge. I've always loved learning, but what fulfills me most is breaking down complex ideas into something clear and approachable so others can succeed. Personal training enables me to combine my passion for education with my interests in nutrition and exercise. In this role, teaching isn't just part of the job; it is the job. I'm motivated by helping people build confidence, develop healthy habits, and truly understand the 'why' behind what they're doing, so the changes they make in the gym can translate into lasting improvements in their daily lives.

## QUALIFICATIONS

**Bachelor's of Science in Nutrition Sciences** - Grand Canyon University (2024)  
**Certified Personal Trainer** - National Academy of Sports Medicine (2024)

Contact Chris at [clopez@spokaneclub.org](mailto:clopez@spokaneclub.org)

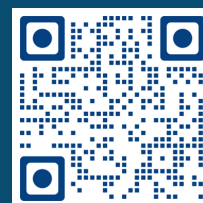


## SPECIALTY

Nutritional Guidance, Sport  
Performance, Strength Training.

## MY MOTTO

Health is a lifestyle, not a finish line.



SCHEDULE WITH ME