

Brenda O.



Certified Personal Trainer
Team Member Since: 2001
Sessions Serviced: 10,000 +

Education & Certifications

- BS in Criminal Justice from Kings College
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Yoga
- Weight training
- My dogs
- Cooking and baking



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

24hourfitness.com/personaltraining

Club ID: 099

