

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



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24hourfitness.com/personaltraining