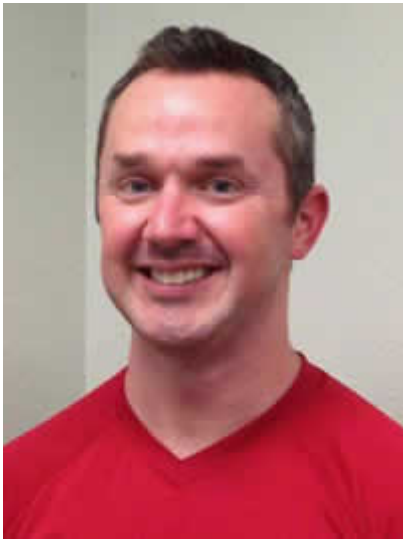


# Jim O.



**Master Trainer**  
**Team Member Since: 2004**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BA in Communication from Washington State University
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Travel
- Reading
- Motorcycling
- Sight Seeing



For more info about this trainer,  
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