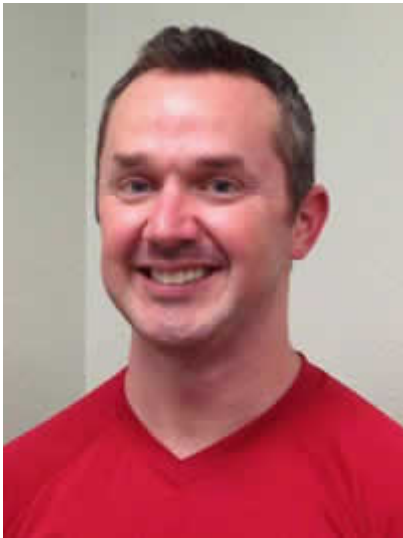


Jim O.



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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24hourfitness.com/personaltraining

Club ID: 151