

Marsha O.



Master Trainer
Team Member Since: 1997

Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- Aerobic and Fitness Association of America - Personal Trainer Certification
- CPR 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

- Water sports
- Watching baseball and basketball
- Gardening
- Weight training
- Spending time with my family



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

24hourfitness.com/personaltraining

Club ID: 180