

# 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



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