

Samuel O.



Certified Personal Trainer
Team Member Since: 2009
Sessions Serviced: 2,000 +

Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Sports
- Fitness Training
- Nutrition
- Music
- Entertainment



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

24hourfitness.com/personaltraining