

Kelsey O.



Certified Personal Trainer
Group X Instructor
Team Member Since: 2011

Education & Certifications

- BA in Health, Fitness, Physical Education from Whitworth University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Hiking
- Running
- Gardening



For more info about this trainer,
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