

# Bruce O.



**Master Trainer**  
**Assistant Fitness Manager**  
**Team Member Since: 2006**

## Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- Cooper Institute - Biomechanics of Resistance Training
- Cooper Institute - 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
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Fitness
- Health
- Golf
- Meeting new people



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