

# Bree O.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2005**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Health Fitness Specialist
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

Spending time with friends and family  
Outdoor activities  
Reading  
Keeping up with my two energetic boys



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[24hourfitness.com/personaltraining](https://24hourfitness.com/personaltraining)