

# Ryan O.



Team Member Since: 2002

## Education & Certifications

- BS in ???
- 24 Hour Fitness - Certified Personal Trainer
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Sports Fitness Specialist

## Hobbies and Achievements

- Golf
- Poker
- Weight training



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)