

Ryan O.



Certified Personal Trainer
Master Trainer
Assistant Fitness Manager
Team Member Since: 2002
Sessions Serviced:15,000 +

Education & Certifications

- BS in sports med. from Dakota Wesleyan
- 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

- competitive golfer
- trained shaq in 2004-05
- being with my family watching my kids grow!



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

24hourfitness.com/personaltraining

Club ID: 425

