

# Omar T.



**Master Trainer**  
**Team Member Since: 2002**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BS in Kinesiology from Washington State University
- 24 Hour Fitness - Certified Personal Trainer
- Aerobic and Fitness Association of America - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

## Hobbies and Achievements

- Working out
- Camping
- Baseball



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

