

# Christine O.



**Certified Personal Trainer  
Team Member Since: 2012**

## Education & Certifications

- BS in Business Admin from Southern Illinois University
- AED (Automated External Defibrillator)
- American Council on Exercise - Lifestyle and Weight Management Coach
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Hiking
- Spinning
- Cooking
- Working out



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

Club ID: 513