

# Ola C.



**Certified Personal Trainer**  
**Team Member Since: 2011**

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Federation of Professional Trainers - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Soccer
- Table tennis
- Playing scrabble
- Audio engineering



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