

# Kathy O.



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

## Education & Certifications

- MA in Exercise Physiology from Southern Illinois University Edwardsville
- American College of Sports Medicine - Certified Health Fitness Specialist
- CPR Certification
- National Athletic Trainers Association - Athletic Trainer Credential
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Track coach
- Athletic training (sports medicine)
- Real estate
- Walking my dogs



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