

Michael O.



Certified Personal Trainer
Master Trainer
Team Member Since: 2011
Sessions Serviced: 5,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Nutrition and Food Prep
- Snowboarding
- Strength Training
- Mountain Biking
- Spanish Speaker



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

24hourfitness.com/personaltraining

Club ID: 855

