

# Louise O.



**Certified Personal Trainer**  
**Team Member Since: 2010**

## Education & Certifications

- BS in Kinesiology: Exercise Science from University of Houston
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Play sports: flag football, volleyball, basketball
- Go to concerts
- Try new restaurants and types of food
- Watch NFL and NBA games



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

Club ID: 882