

# Krista O.



**Master Trainer**  
**Team Member Since: 2004**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- BS in Kinesiology from California State University, Fullerton
- MS in Kinesiology from California State University, Fullerton
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Health Fitness Specialist
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

## Hobbies and Achievements

- Play sports-volleyball
- Read



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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 907

