

Ezell O.



**Certified Personal Trainer
Assistant Fitness Manager
Team Member Since: 2005
Sessions Serviced: 5,000 +**

Education & Certifications

- BS in Wellness from Lincoln University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- The National Personal Training Institute - Personal Training Certification
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Working out
- Football
- Cooking



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

24hourfitness.com/personaltraining

Club ID: 200