

Nolan O.



Certified Personal Trainer
Master Trainer
Fitness Manager
Team Member Since: 2012
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Fitness and Human Performance from University of Houston Clear Lake
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Sports Fitness Specialist

Hobbies and Achievements

- Traveling
- Cooking
- Golf



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

24hourfitness.com/personaltraining

Club ID: 313

