

# 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](https://24hourfitness.com/personaltraining)

Club ID: 313

