

Bree O.



Certified Personal Trainer
Master Trainer
Team Member Since: 2005
Sessions Serviced:10,000 +

Education & Certifications

- American College of Sports Medicine - Certified Health Fitness Specialist
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

Hiking
Reading
Outdoor activities
Chasing after my two crazy boys
Relaxing with friends and family



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

24hourfitness.com/personaltraining

Club ID: 418

