

Cara O.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- BS in Exercise and Sports Science from Texas State University, San Marcos
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Basketball
- Weight-training
- Music festivals and concerts
- Traveling



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 682

