

# Michael O.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2011**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Nutrition and Food Prep
- Snowboarding
- Strength Training
- Mountain Biking
- Spanish Speaker



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

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 855

