

Louise O.



Certified Personal Trainer
Team Member Since: 2010

Education & Certifications

- BS in Kinesiology: Exercise Science from University of Houston
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Play sports: flag football, volleyball, basketball
- Go to concerts
- Try new restaurants and types of food
- Watch NFL and NBA games



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

Club ID: 882