

**Shelly O.**

# ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL  
TRAINING**



**EXERCISE  
CLASSES**



**SUCCESS  
& SUPPORT**



**NUTRITION  
WELLNESS**



## Certifications/Education

AAS in Business Data Processing, AFAA Certified Personal Trainer, Group Fitness Instructor and Group Resistance, AAAI Certified Aqua Fitness Instructor, Certified SilverSneakers Instructor

## Training Specializations

Rehab from joint replacements, Older Adults, Water Fitness Training, Breast Cancer Wellness

