

**Barb O.**

# ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL  
TRAINING**



**EXERCISE  
CLASSES**



**SUCCESS  
& SUPPORT**



**NUTRITION  
WELLNESS**



**Training Motto**

Find a fitness activity that you  
enjoy and put it into your daily/  
weekly life!

## Certifications/Education

- B.S. Physical Education • Physical Therapist Assistant
- ACSM Exercise Tech. • ACE Fitness Instructor
- Cooper Clinic-Fitness Assessment in Wellness
- Pilates and Pilates Reformer • Silver Sneakers
- Group Exercise Instructor • CPR/AED