

Groveport Parks & Recreation Department

PERSONAL TRAINER CASEY O'LINN



Casey's Contact Information

Phone: (614)861-3118

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Casey O'Linn's Biography

- Certified Strength & Conditioning Specialist (CSCS) from the National Strength & Conditioning Association (NSCA)
- Master of Arts in Sports Management from Ohio State University
- Fourteen years experience with strength & conditioning
- Eight years experience training & coaching youth soccer athletes

Casey's Vision

To see all my clients achieve personal growth in their health and fitness goals through proper exercise and nutrition guidance.

HOW IT WORKS

Do you need individualized attention to help reach your fitness goals?.... Or just some help getting started?

- Become a member of the Village of Groveport's Recreation Center-Personal Trainer services are only available to members!
 - Contact of one of our sanctioned certified Personal Trainers on your own.
 - Tell him/her what your fitness goals are.
 - Agree to the terms of a contract.
 - Pay the personal trainer directly.
- Enjoy reaching your fitness goals!



**PARKS & RECREATION...
THE BENEFITS ARE ENDLESS!**

Groveport Parks & Recreation Dept.
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