

RAQUEL O'CONNOR

CERTIFIED PERSONAL TRAINER



MY GOAL AS
YOUR TRAINER
IS TO HELP YOU
BE THE
HEALTHIEST,
HAPPIEST
VERSION OF
YOURSELF.

Training Philosophy:

Health and fitness are essential parts of a well balanced lifestyle and are often hard to maintain. My mission is to help people get back on track with their fitness goals to make a lifestyle change to find that perfect balance between work, family, hobbies, exercise, nutrition, etc. Every program and workout should be tailored to the person's goals and interests. With my physical therapy background and experience with sports, my goal is to construct programs that are fun and challenging. My service will lead people to achieving their fitness goals and seeing satisfying results, while minimizing injury risk. I assist in designing the right workout program while creating a positive environment that will boost motivation and have you excited for the next session!

Experience:

Personal Trainer – Since 2015

Central Valley Physical Therapy

Rehabilitation and Physical Therapy – Kindred

Nursing and Healthcare – Livermore

Fitness New Member Integration Specialist –
SMAC

Certifications:

- NASM Certified Personal Trainer
- AFAA Certified Group Exercise Instructor
- Maddogg Spinning Certification
- CPR/AED/First Aid

Education:

- B.S. Biology, University of the Pacific, Stockton CA
- B.A. Sports Medicine, University of the Pacific, Stockton CA

Interests:

Basketball, Badminton, Bowling, Cooking, Reading, Learning, Fitness, Nutrition, Health, Trivia



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

MAKE THE INVESTMENT TO BE
FOCUSED IN YOUR TRAINING PROGRAM