



OASIS

PERSONAL TRAINING



Robert Keller



Education

- MS Gerokinesiology, California State University, Fullerton (in progress)
- BS Kinesiology, California State University, San Marcos
-Kinesiology Department Outstanding Student Award

Fitness Certifications

- NSCA, Certified Personal Trainer
- NSCA, Certified Strength and Conditioning Specialist
- Fallproof Certified Balance and Mobility Specialist

Personal Training Experience

Robert's fitness experience includes serving as a fitness specialist for The Golden Door Spa, managing the fitness center at CBS Studios in Studio City, working as an account manager for Johnson & Johnson Health Care Systems and directing operations of The Club at MGM Plaza in Santa Monica, CA

Approach to Training

Robert's passion for health and fitness spans 3 decades, finding both personal and professional fulfillment in enabling others to enhance their own quality of life through increased health status, fitness, and physical performance capabilities

Robert's Availability

Monday:	Mornings & Afternoons
Tuesday:	Mornings & Afternoons
Wednesday:	Mornings & Afternoons
Thursday:	Mornings & Afternoons
Friday:	Mornings & Afternoons
Saturday:	None
Sunday:	None

**Subject to change*