

Tim O'Neil, Certified Personal Trainer

Tim has his Exercise Science-Health Promotion Degree from Central College in Pella, where he participated in athletics all four years. Tim brings his work experience from the health club, hospital, and corporate wellness settings. His certifications include the ACSM Health Fitness Instructor, the NASM Personal Trainer, and the ACE Group Fitness Instructor. He is currently the Wellness Manager at Meredith Corporation. As a professional in the fitness field, he has been able to touch many lives and make a positive difference for people of all ages. Tim believes that making gradual changes is the key to long-term success.