



# OAC PERSONAL TRAINER



## Patrick Donley

**Personal Trainer**

Contact Patrick at [personaltraining@oxfordathleticclub.com](mailto:personaltraining@oxfordathleticclub.com)

### Experience

American Council on Exercise (ACE)  
Certified Personal Trainer

B.S ED. Health and Physical Education  
at Slippery Rock University

M.S.ED. in Physical Education  
at Slippery Rock University

Health and Physical Education Teacher -  
Woodland Hills High School

Coaching experience (football and basketball)

Black Belt in Isshinryu Karate

Water Safety Instructor (WSI)

American Red Cross First Aid CPR  
and AED Instructor

### Specializations

Power based athletes (football, basketball,  
soccer, track, hockey, and martial arts).

Progressive training regiments - bringing  
out the best in you and pushing beyond

First time exercisers – educating to  
understand how and why