

OAKLAND ATHLETIC CLUB



Oksana Strelets

B.S. IN WELLNESS, HEALTH PROMOTION & INJURY PREVENTION

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OAC Personal Trainer Since: 2006

Bio: Oksana started at OAC as an intern from Oakland University in the summer of 2006 and continued on as a personal trainer. Her focus is on creating individual training programs for clients with sport specific needs as well as working on fitness goals for the general population. In the spring and summer of 2007 Oksana also worked as an exercise physiologist at Huron Valley-Sinai Hospital (DMC), where she provided progressive and medically supervised exercise regimens to individuals with cardiopulmonary and vascular disease or people at risk for cardiovascular disease.

Oksana graduated from Oakland University in 2004 with a Bachelor of Science in Wellness, Health Promotion and Injury Prevention. She is currently in the process of finishing her Masters Degree in Exercise Science from Oakland University.

Born in Karaganda, Kazakhstan, Oksana was a member of the Kazakhstan National Swim team (1995-1999). Competed in World Cups (1996-1999), World Championship in Sydney, Australia (1998), and also qualified for the 1996 Olympics in Atlanta. While at Oakland University, as an athletic scholarship member, she was a three-time NCAA qualifier, NIC and Mid-Con champion and record holder.

Certification(s): Oksana is a certified personal trainer through the American Council on Exercise and stays current with First Aid and CPR certifications through the American Red Cross.

Training Specialities: Sport specific training. Weight loss and toning. Triathlon conditioning and training.