## Jeremy Z.

## **Education & Certifications**

- BS in Applied Exercise Science from Azusa Pacific University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine Certified Personal Trainer
- National Academy of Sports Medicine Performance Enhancement Specialist
- TRX Suspension Training Certified TRX Instructor



Certified Personal Trainer Team Member Since: 2013

## **Hobbies and Achievements**

- Playing/watching football
- Weight lifting
- Scuba diving
- Line dancing
- Beach volleyball



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