

Holly Z.



Certified Personal Trainer
Team Member Since: 2010
Sessions Serviced: 2,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Snowboarding
- Dirtbiking
- Shooting
- Running
- Hiking
- Yoga
- Painting



For more info about this trainer,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining