

Sergey Z.



Certified Personal Trainer
Master Trainer
Team Member Since: 2009
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Biological Science from Florida Atlantic University
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Racing
- Reading
- Electronics



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