

# 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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