

# Tom Z.



**Master Trainer**  
**Team Member Since: 2003**

## Education & Certifications

- BS in Exercise Science from Creighton University
- MS Exercise Physiology from Florida Atlantic University
- 24 Hour Fitness - Certified Personal Trainer
- CPR Certification
- National Academy of Sports Medicine - Performance Enhancement Specialist

## Hobbies and Achievements

- Fitness
- Nutrition
- Reading



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