

Liza T.



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

Education & Certifications

- MS in Kinesiology - Human Movement and Performance from Western Washington University
- BS in Exercise Science - Health and Fitness Specialist from Western Washington University
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

Hobbies and Achievements

- Assistant Softball Coach At Seattle University, 2010-Current
- Western Washington University Softball, 2004-2008
- GNAC Player Of The Year, 2007
- Daktronics All-West Region, 2007
- Black Belt In Taekwondo, 1999



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

24hourfitness.com/personaltraining