

# Zoltan Z.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

BS in Information Systems from University of Phoenix

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist

## Hobbies and Achievements

Weight Loss / Belly Off / Nutrition  
Sports Medicine / Functional Training / Rehab  
Core Strength / Lean & Tone  
Hiking 14-ers / Martial Arts / Gymnastics  
Health & Wellness / Life Balance Coaching



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

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 663