

Marsha Z.



Master Trainer
Team Member Since: 2008
Sessions Serviced: 5,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- ISSA Certified: Specialist in Senior Fitness
- Bodybuilding
- Rehabilitation training
- Shao-Lin Kung Fu



For more info about this trainer,
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24hourfitness.com/personaltraining