

# Zen N.



**Fitness Manager**  
**Team Member Since: 2001**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BA in International Studies from University of California, Irvine
- 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 - Performance Enhancement Specialist

## Hobbies and Achievements

- I have completed 6 full marathons and 15+ half marathons.
- I stay active on weekends by hiking the Las Trampas and Mt. Diablo trails.
- My favorite way to start the day is with a high intensity workout.
- I love traveling to new places and meeting new people!
- I played high school and club volleyball.



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

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

Club ID: 895

