

Holly Z.



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

Education & Certifications

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

Hobbies and Achievements

- Snowboarding
- Dirtbiking
- Shooting
- Running
- Hiking
- Yoga
- Painting



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

Club ID: 114