

# Zech L.



**Certified Personal Trainer**  
**Team Member Since: 2011**

## Education & Certifications

- BA in Business Management from Tabor College
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Basketball
- Varsity/JV football coach
- Denver Titans Semi-Pro Football



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

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

Club ID: 337