

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



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24hourfitness.com/personaltraining

Club ID: 663