

# Lorie Z.



**Certified Personal Trainer  
Team Member Since: 2008**

## Education & Certifications

- BS in Business Administration from San Jose State University
- MS in Nutrition and Food Science from San Jose State University
- Registered Dietitian
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Climbed Kilimanjaro in 2011
- Completed Silicon Valley Marathon in 1999
- Completed San Francisco Marathon in 1998
- Working towards finishing a century ride in 2012



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

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

Club ID: 887