

FITNESS

“T” TZVIA AMON

personal trainer

INNOVATIVELY ELEVATING YOUR POWER LEVEL

- Total-Body Conditioning
- Improving Biomechanics and Functional Strength
- Core conditioning, balance, and stability
- Power Training
- Interval Training
- Endurance Training
- Breaking through plateaus

QUALIFICATIONS

- BA in English, KSU and CSU/Denver
- ACE Certified Personal Trainer – American Council on Exercise
- ACE Certified Group Exercise Instructor
- CPR/First Aid – American Red Cross



I will proactively assist you in reaching your optimal physical health, as I work with you to improve vitality, increase strength and endurance, and all-over conditioning, while ensuring injury prevention. Together we will use innovative and high level routines to challenge your body to reach the next level of functional strength, conditioning, and performance.