

Personal Trainer

Katie Zappasodi



EDUCATION/CERTIFICATIONS

Bachelor of Science in Kinesiology/Exercise Science – LeTourneau University
ACE Certified Personal Trainer
United States Water Fitness Association – Master Water Aerobics Instructor
Silver Sneakers Muscular Strength and Range of Movement Certification
CPR
First Aid

ACCOMPLISHMENTS

2005 Kinesiology Student of the Year at LeTourneau University
Graduated Cum Laude with a Bachelor of Science in Kinesiology Exercise
Ran 300 miles in 4 months before my wedding
Competed in many races

SPECIALTY TRAINING

Pool/Aqua Personal Training
CPR Professional Rescuer
Fit Camp Instructor
Strength and Conditioning