

LISA ZHOU

PERSONAL TRAINER

ACE Certified Personal Trainer

Balanced Body Mat 2 Certified

Balanced Body Reformer 2 Certified

Balanced Body Apparatus 2 Certified

Achievements:

2024 NPAA Bikini Novice – 3rd Place

2024 NPAA Bikini Open Class – 4th Place

Profile:

Lisa loves outdoor sports like volleyball, badminton, hiking, and paddleboarding. She started fitness to lose weight, going from 145 lbs to 105 lbs, and after overcoming shoulder and back injuries, she developed a passion for rehab and functional training. She creates safe, personalized programs to help clients lose weight and shape their bodies, believing it's never too late to start and consistency is key.

AWARD

