

RACHEL ZUNIGA

CERTIFIED PERSONAL TRAINER



Training Philosophy:

Not only will I be your trainer, I will also be your partner on your journey to achieving optimal levels of all five components of fitness - building cardiovascular endurance, increasing muscular strength, muscular endurance, flexibility, and improving overall body composition. I will help you reach these optimal levels of fitness through not only effective, but fun program design. Using different modalities, and cross training, your workout will feel like a new challenge that you can conquer each time and yield the results you want to achieve. I will help you build, maintain, and reconstruct your physical body, but that will also translate to how you will feel about yourself mentally. I will help each client meet their individual goals through building a solid relationship, but also help you realize your full potential and go beyond what you think you are capable of.

Experience:

Personal Trainer – Since 2015

SMAC Courtesy Desk – Since January 2013

Certifications:

- NASM Certified Personal Trainer
- ACE Certified Group Fitness Instructor
- C.S. Group Fitness Instructor

Education:

- A.A. Social Science from CSM
- B.S. Rehabilitative Psychology

Interests:

High intensity interval training, traveling adventures and performing and composing music, working as a volunteer community mentor for teens and young adults

MY GOAL AS YOUR TRAINER IS TO ACHIEVE YOUR GOALS; TO BE YOUR PARTNER, COACH AND FRIEND AS YOU ACCOMPLISH THINGS YOU HAVEN'T DONE BEFORE.



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

MAKE THE INVESTMENT TO BE
FOCUSED IN YOUR TRAINING PROGRAM