



Name:

Agnieszka Zak (Aga)

Introduction:

I'm 41 years old fitness instructor and personal trainer.

I'm interested into sports and healthy lifestyle since I was a teenager.

In my daily life I push myself and my family to eat well and exercise.

My target is to change people's lifestyle and make them to exercise and to live healthy to achieve their own goals.

Favourite Motivational phrase:

"Make time for yourself. Nobody ever got strong or got in shape by thinking about it, they just did it."

Education:

Leisure & Recreation FETAC Level 6

Exercise & Health Fitness FETAC Level 6

Sport & Exercise Performance FETAC Level 5

Exercise & Fitness FETAC Level 5

Personal Trainer Level 4

Achievements + Professional Development:

Mayfield Leisure Centre

Lifestyle Studio Cork

Clubvitea/Sunvitea Club Cork

Favourite Exercise:

HIIT circuits

Favourite Class:

Aqua aerobics