



MITZI COLLINSWORTH

Edinburg, TX | 480.201.7306 | mitzicollinsworth.mc@gmail.com

Certified Movement Coach with over 30 years of experience in elite sport training and business management. Expert in leadership, education, administration, and mentorship.

EXPERIENCE

JAN 2018-
PRESENT

BUSINESS OWNER, ZFIT

Elite athletic movement coaching, strength and conditioning coaching, fitness coaching, custom program design, nutrition coaching, website/app management, marketing, billing management, and scheduling. Coach in-person and virtually domestic and across the globe.

SEP 2014-
JUNE 2017

CORPORATE EDUCATOR/DISTRICT CAPTAIN/FITNESS MANAGER LEVEL III, 24 HOUR FITNESS

Educated onboarding personal trainers the art of biomechanical movement and program design for all clientele including business management. Mentored 12 Fitness Managers in my immediate district. Managed over 20 employees in my own direct facility including employment, maintaining or exceeding a million-dollar budget, education, mentorship, and customer service. Transformed a failing team from 40% to budget to 136% to budget in less than 60 days.

1993-2020

PERSONAL/GROUP TRAINER, CORPORATE AND LOCAL GYMS (LIFETIME, GOLD'S GYM, BALLY'S, LYNMAR, WORKOUT WEST, WINDSOR TOWN PUMP)

Master Personal Trainer to individuals and groups with customized programs and choreography. Coached special populations, kids, athletes, and the general public, including nutrition coaching at Lifetime. Held management positions at certain locations including my own private business in 2012-2014.

EDUCATION

JAN 2010-
MAY 2023

UNDERGRADUATE SCIENCE COURSES, ASU/UA/UTRGV

63 completed credit hours towards a Bachelor of Science, general education fulfilled.

MAY 2021

MASTER OF ARTS IN ENGLISH, MINNESOTA STATE UNIVERSITY, MANKATO

Expert in English including a specialization in technical communication.

MAY 1997

BACHELOR OF ARTS IN COMMUNICATIONS, UNIVERSITY OF NORTHERN COLORADO

CERTIFICATIONS

- American Council on Exercise (ACE) Certified Personal Trainer
- PTA Global Personal Training Bridging Course Credential
- International Sport Sciences Association (ISSA) Certified Specialist in Fitness Nutrition
- PTA Global Behavior Change in Exercise Credential
- PTA Global Exercise and Stress Management Credential
- TRX Suspension Training Course and Certification
- Total Gym-GRAVITY Foundation Certification
- 4Q Training, Institute of Motion, 24 Hour Fitness Credential

ACHIEVEMENTS

- 24 Hour Fitness Corporate Anthem Award, 2015
- 24 Hour Fitness Employee of the Year, 2016
- USAPL Texas Record holder MA 1A/B (47kg) in squat, bench press and deadlift, First Place Southern Regional Division, Qualified for Nationals