

Ezgi PALA

ezgi.nextraining@gmail.com

EDUCATIONAL BACKGROUND

2018-2023: Boğaziçi University-Philosophy (English)

2021- : Istanbul University-Sports and Exercise

2016-2017: Adana Ersan Altıok Anadolu Lisesi

2013-2016: Adana Abbas Sıdıka Çalık Anadolu Lisesi

CERTIFICATES

Corrective Exercise Specialist / Europe Active (2023)

EQF Level 4 Personal Trainer / EuropeActive (2022)

EQF Level 4 Pilates Instructor Eğitimi / Europe Active (2022)

High Intensity Interval Training / KSH Fitness Academy (2022)

Temel Antrenörlük Eğitimi / Türkiye Vücut Geliştirme, Fitness ve Bilek Güreşi Federasyonu (2022)

WORK EXPERIENCE

Personal Trainer at **Makine Garaj** (Aug2022- June2023)

Personal Trainer at **HipLab Theory** (June2023-Jan2024)

Personal Trainer / Freelance (Sep2022-)

Co-Founder & Trainer at **NexTraining Coach** (Feb2022-)

LANGUAGES

Turkish – Native

English – Advanced, fluent in both spoken and written