A SELECTION OF EXPERT PERSONAL TRAINERS
AVAILABLE TO ASSIST AND MOTIVATE YOU IN YOUR FITNESS GOALS.

“Winners don't wait for chances, they make them”

MICHAEL is a highly experienced trainer who guides his guests in safe exercise, taking each to their individual physical limitations. He offers counselling on proper nutrition and exercise habits ensuring personal targets of mass gain or weight loss targets are achieved. He also specialises in teaching people how to modify exercises appropriately to avoid injury and exercise safely with existing injuries.

CALL MICHAEL ON 00974 3326 1639 TO BOOK

"If it doesn't challenge you, it doesn't change you"

GHAZAL’S international upbringing and travels allowed her to broaden her knowledge and interest in an active and healthy lifestyle, which lead her into finding her true passion of Yoga. She successfully completed Yoga Teacher Training Program in Los Angeles and teaches Vinyasa based classes. She is a firm believer that you can train your mind to overcome whatever obstacles come your way and grow through it as a result. She desires to help others to find a sense of peace within themselves and to create a space where they can explore their true potential.

CALL GHAZAL ON 00974 6664 4723 TO BOOK

GABRIELA Originally from Venezuela, Gabriela is a passionate and exciting trainer who is determined to help her guests achieve their goals. She has a unique and professional ability to apply coaching, in all its forms, to every session. From the art of nutrition, to weight loss management, to endurance and to the strength and conditioning training.

CALL GABRIELA ON 00974 3349 7662 TO BOOK

Xiomara has a Bachelor’s degree in Biology with a minor in Chemistry from Texas A&M University-College Station, Texas, USA. She is a certified personal trainer, nutrition and supplements specialist; as well as a WBFF professional fitness competitor. She has a passion for helping others, as seen in her previous work in healthcare, which she combined with a love of fitness and entrepreneurial spirit to share her expertise.

CALL XIOMARA ON 00974 5052 3109 TO BOOK

PERSONAL TRAINING PRICING

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<tr>
<th></th>
<th>Single 60 minutes session</th>
<th>Course of 8 sessions</th>
<th>Course of 12 sessions</th>
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