

PERSONAL TRAINER

My training caters to all levels, emphasizing strong fundamental technique, improved cardiovascular capacity, and pain reduction. I believe the discipline gained in the gym translates directly to life. My goal is to help clients raise their "compete level" for higher performance professionally and personally. Whether you seek strength building or injury recovery, I find nothing more rewarding than helping you improve overall well-being through consistent, purposeful training.



Avneesh

CREDENTIALS:

- ACE Certified Personal Trainer
- ACE Certified Nutrition specialist
- RYT-200 Yoga Teacher

EDUCATION:

- Elevated Learning Academy – Personal Trainer

TRAINING LOCATIONS:

- Coronation Park
- The Meadows
- Millwoods