



Qualifications:

- I.S.S.A Certified Personal Trainer
- Health & Wellness Coach
- ZUMBA/STRONG by ZUMBA instructor
- Yoga Instructor
- American Heart Association -CPR/AED Certified

Trainer: **MIGDALIA**

Specialty Areas:

- Strength Training
- High Intensity Interval Training (HIIT)
- Weight Loss/ Nutritional Guidance
- Small group training and Group Classes
- Bi-Lingual



Philosophy – Fitness/ Life

Be stronger than your strongest excuse!