



**INTRODUCING**

**Tasneem Bhaiji**  
**Personal Trainer &**  
**Group Fitness Instructor**



I have been in the health and wellness industry for over 10 years. I believe that every client deserves to feel strong, have more energy, and feel unstoppable. I believe that the best way to incorporate exercise and wellness habits into your every day life is to take a foundational approach. By ensuring clients are able to move their body properly, pain free and then begin to build towards their personal goals. My promise to you as your trainer is that in every session and in every workout, you'll leave feeling stronger than you were when you started. My ultimate goal is to help you feel confident in your body and strong to live a limitless life.

## **EDUCATION & CERTIFICATIONS**

- IFPA Certified Personal Trainer
- 10+ Years of Muay Thai and Kickboxing
- CSI – Canadian Sport Institute Acceleration and Power Certificate

**Stuttgart Sports & Fitness**

**Panzer - Patch - Kelley - Robinson**

**[stuttgart.armymwr.com](http://stuttgart.armymwr.com)**