



fitness

Meet the Trainers



Nazinga Thomas

Nazinga is a Certified Personal Trainer through the American Council on Exercise. She understands the challenges of starting a fitness plan and is dedicated to making all workouts an exciting atmosphere!

Growing up, Nazinga was always involved in sports but it was not until she started incorporating HIIT, weight lifting and cross fit routines into her workouts that fitness became her passion. This allowed Nazinga to realize that exercise not only positively impacted her physically, but mentally as well, which inspired her to share this passion with others.



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