

NADIA SHAFEENA

Personal Trainer



Height: 160cm

Weight: 54kg

Speaks: English & Malay

Certifications:

- Personal Training Course ISA (International Sports Academy)
- ACE Personal Training Course
- ACE Kettlebell Coach Course (Integrated Training Institute)
- Kettlebell 101 Course
- TRX Suspension Training Course
- CPR + AED Certified

Experience:

- Freelance Personal Trainer @ The Tanglin Club
2012 – Present
- Freelance TRX Group Instructor (Outdoor)
2017 – Present

Interests: Scuba diving, fitness, eating well, cats

“I have been working with a diverse range of people and abilities across different ages. The most rewarding thing to me is seeing my clients not only improve their fitness, but also gaining the confidence through their fitness journey. Progress is progress, no matter how small!”

For more information or to book a session with Nadia, please call the Gym at 6622 0575.