



**MEET OUR NEWEST
PERSONAL TRAINER!**

Hamza Ali

**For a limited time,
Hamza is offering 20%
off his sessions!**

**Contact Hamza by text
248-892-3623 or
hamzaali@outlook .com**

Hamza is a newly certified personal trainer dedicated to helping individuals improve their fitness and overall well-being. His journey into personal training was motivated by a genuine desire to positively impact people & lives through physical activity and healthy habits.

Hamza earned his bachelor's degree in Kinesiology from the University of Michigan, providing him with a solid foundation in the science of human movement and exercise. He is also a certified Personal Trainer accredited by the National Academy of Sports Medicine (NASM), ensuring that he meets the highest standards of professionalism and competence in the field.

While Hamza is new to the personal training industry, his passion for fitness and commitment to learning make him a valuable ally in your fitness journey. He approaches training with enthusiasm, empathy, and a strong belief in the transformative power of exercise.

Whether you're a beginner taking your first steps toward fitness or someone looking to rekindle their love for physical activity, Hamza is here to support and guide you every step of the way. With personalized attention and tailored programs, he will help you set and achieve your fitness goals, no matter your starting point.

Join Hamza in embracing a healthier lifestyle, unlocking your potential, and discovering the joy of movement.