

# PERSONAL

# TRAINER

My career in the fitness industry started 10 years ago teaching dance fitness, then I added cardiovascular and strength conditioning, by 2012 I added personal training as well.

My approach to training is very simple, and some might even say old fashioned, I call it 'quality of life training'. I use my experience as a dancer and acrobat, and combine these with the education and experience I've gained over the years to assist my clients in becoming a better version of themselves.

I like muscles but I love people more and I'm passionate about seeing them grow physically, emotionally and spiritually.



## Tamico

**CREDENTIALS:**

AFLCA Certified Fitness Trainer  
AFLCA Resistance Training

**EDUCATION:**

Bachelor of Science Degree

**TRAINING LOCATIONS:**

Terwillegar  
The Meadows