



Tamico

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.

CREDENTIALS:

- AFLCA Certified Fitness Trainer
- AFLCA Resistance Training

EDUCATION:

- Bachelor of Science Degree

TRAINING LOCATIONS:

- Terwillegar Community Recreation Centre
- The Meadows Community Recreation Centre