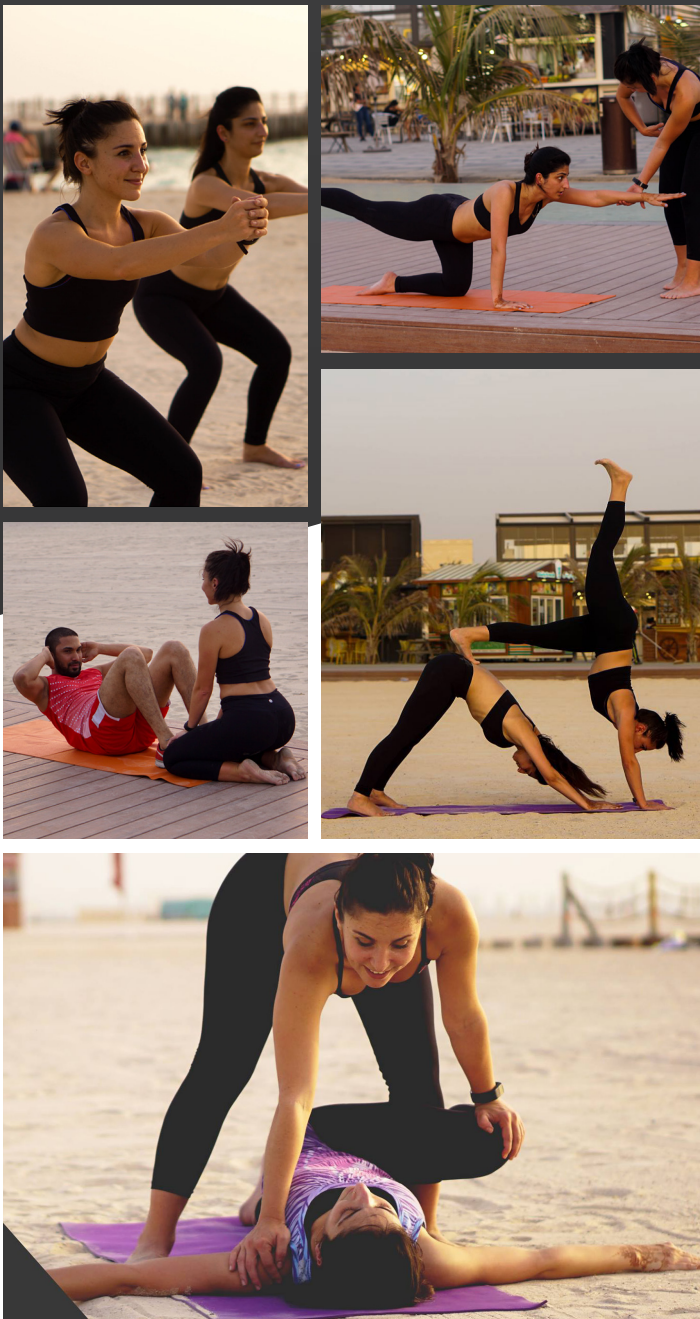


Yuliia

Personal Trainer

Being a 'beach lover' Yuliia loves working out on the beach and frisbee is her ultimate jam. Passionate about yoga, weight lifting and running, she knows first-hand importance of training, healthy eating and dedication. She loves to help her clients throughout their fitness journey by being involved in every aspect of their transformation. If you want to eat healthy but not sacrifice flavor, Yuliia is definitely the person to talk to.

YULIIA IN ACTION



ACCOMPLISHMENTS



F.I.T. AWARDS



EXPERTISE



Pilates



Weight Management



Strength Training



TRX



Fitness Yoga



CrossFit Training

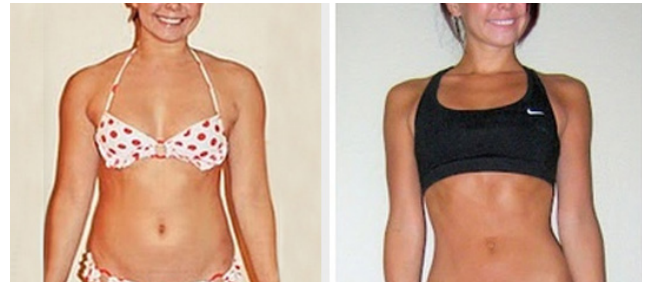


SUCCESS CASES



Yuliia helped me lose the stubborn fat I always wanted to get rid of. Now, I'm in love with my toned figure.

- Sarah



All the junk food and bad eating habits made me put on a couple of kilos. But thanks to Yuliia for helping me out.

- Joanne



I highly recommend Yuliia for anyone looking for a personal yoga instructor. I enjoy every single session!

- Warren



I was always a fitness freak, but Yuliia put me on the right track and helped me reach all the goals and targets.

- Amira

YULIIA SAYS

“When coming to my class be prepared to challenge yourself, get a good sweat, clear the mind of negativity and lastly rock out to a killer playlist.”

Yuliia
Personal Trainer, Be Fit