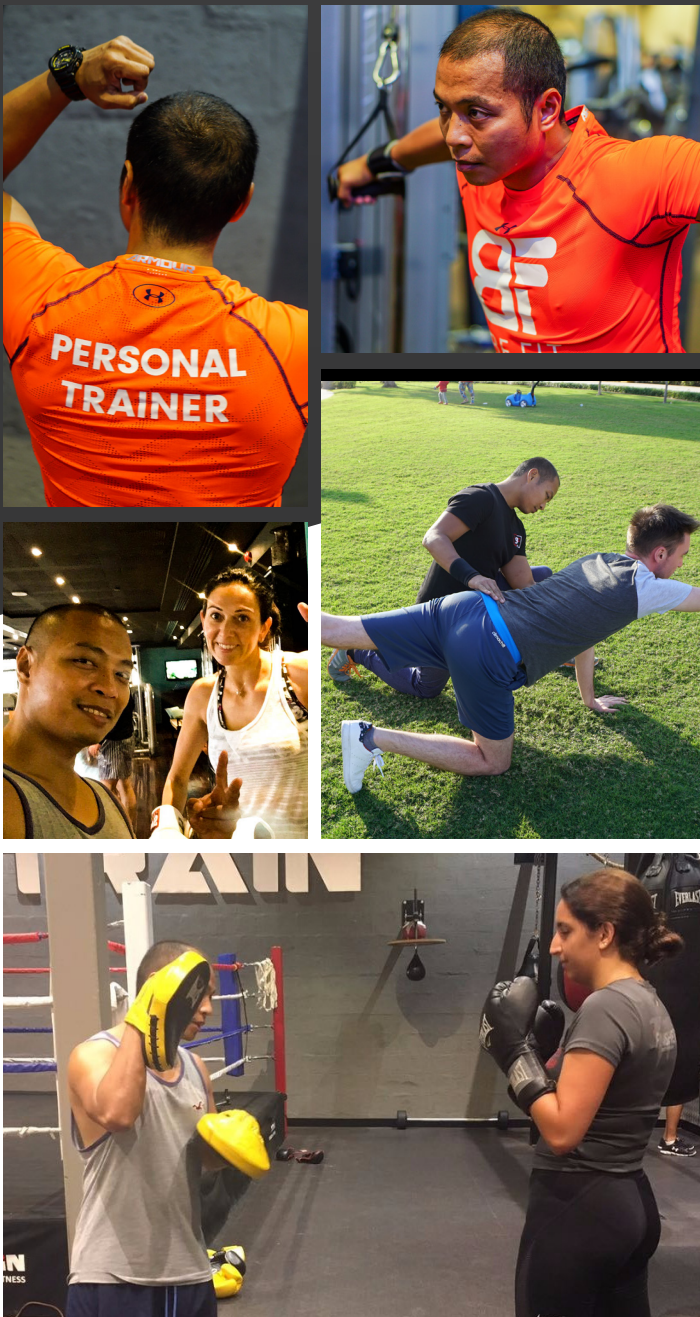


Ariel

Personal Trainer

Ariel is a believer of 'Sound Mind and Sound Body'. Focused on safely and effectively achieving fitness goals, he also specializes in creating customized diet plans. With his knowledge, he will help you achieve your goals by providing healthy food alternatives, all while changing any negative thoughts you might have about dieting. If you are like Ariel and want to see your body progress, he is the trainer for you!


ARIEL IN ACTION





ACCOMPLISHMENTS





EXPERTISE


-  Weight Management

-  Basic to Advanced Boxing Training

-  Kettlebell Training

-  Muay Thai

-  Nutrition Counseling

-  Freestyle Training



SUCCESS CASES



Ariel is an absolute legend. With him being my personal trainer, I pushed my self to great limits. Love it!

- Karl



Thank you Ariel for for the wonderful experience and the amazing results acheivedthe past 6 months

- Rehan



Ariel from Be Fit transformed my life with the personalized exercise routines, boxing sessions and diet plans .

- Muhammad



I highly recommend Ariel for the Muay Thai classes. I feel like a completely different person. Thanks Ariel!

- Deborah

ARIEL SAYS

“After years of seeing the positive impact fitness and healthy lifestyle can make on the quality of life, I only want to share my knowledge and enthusiasm of it with others.”

Personal Trainer, Be Fit