

Mohamed Dahroug

Trainer

Mohamed, a certified personal trainer by the American Council on Exercise (ACE). A fitness enthusiast his classes focus on improving core stability, flexibility and posture, improving the cardio-respiratory endurance, body composition, and helping coping with the stresses in life. He finds great rewards and satisfaction in designing fitness programs and training special population, such as Rock Steady Boxing and Amo's teams. His mind and body fitness classes are open to all ages with different fitness levels.

