

# Meet the Trainers

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Hometown: Miami Beach, FL

College/Alma Mater: University of Miami &  
Florida International

University (Expected Graduation, 2021)

Degrees:

- Bachelor's in Exercise Physiology
- Master's Candidate in Dietetics

Certification: ACSM Personal Trainer

Specialties:

- Hypertrophy/Strength Training
- Aerobic Capacity Training
- Resistance Training for Seniors

**DANIEL ANGEL**



Hometown: Winter Springs, FL

College/Alma Mater: Wheaton College

Degree: Bachelor's in Philosophy

Certification: NASM Personal Trainer

Specialties:

- Small Group Training
- Exercise for Parkinson's & Movement Disorders

**NAOMI ATTAWAY**



Hometown: Jeddah, Saudi Arabia

College/Alma Mater: University of Miami

Degree: Bachelor's in Exercise Physiology

Certification: NCSF Personal Trainer

Specialties:

- Weight Loss
- Functional & Postural Movement Development
- Injury Rehab, Pain-Free Training
- Muscle & Energy System Regeneration
- Body Toning & Athletic Training

**SAMMER SOFTA**

