

SABINA Z. HART: FITNESS DIRECTOR AND PERSONAL TRAINER

As a graduate of Florida Atlantic University with a Dual B.A. in Psychology and Interdisciplinary Studies, Sabina is a National Academy of Sports Medicine (NASM) **Certified Personal Trainer, Corrective Exercise Specialist, Fitness Nutrition Specialist, Golf Fitness Specialist, TRX Functional Training certified, Kettlebell certified, Functional Movement Systems (FMS) certified, and Titleist Performance Institute (TPI) Level II** certified for golf-specific training.

Learning and keeping up-to-date on research as it relates to health, fitness and nutrition is important to her, so she regularly pursues continuing education opportunities and advanced credentials in efforts to grow and offer her best to clients.

With TPI and FMS certification, Sabina is able to provide very specific assessments for the avid golfer (or *anyone*) and address limitations that may be affecting movements patterns (or a golfer's game, for instance) by designing appropriate mobility and strength exercise programs.

Whether the goal is to get fitter for golf, simply gain strength, correct imbalances, sculpt and tone the body, lose a few pounds, learn about better eating habits or simply learn how to exercise, Sabina will happily work with you to personalize training and healthy eating plans to meet your unique needs.



FUN FACTS ABOUT SABINA:

- Outside of Strength training and outdoor cycling, favorite hobbies include cooking and baking, especially Russian dishes and cakes.
- Hometown: Molochans'k, *Ukraine*.
- Speaks Russian and English.
- Nemesis: the ever-present sweet-tooth.

MISSION:

Inspired by your motivation to seek the height of your wellbeing, it is my mission to challenge and lead you to achieve your highest level of sustainable fitness.

My goal is to create a memorable and meaningful fitness experience of uncompromising quality that meets your individual health and fitness needs and leaves a lasting positive impact on your daily life.

Contact Sabina for information, consultations, to schedule your private sessions or free fitness center orientations.

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