

SABINA 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, Golf Fitness Specialist, Fitness Nutrition Specialist, TRX Functional Training qualified, and Titleist Performance Institute (TPI) Level 1 Certified. 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 courses and advanced training credentials.

With TPI certification, Sabina is able to provide specific assessments for the avid golfer and address any limitations that may be affecting a golfer's game by designing appropriate mobility and strength exercise programs. Whether the goal is to get fitter for golf, 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.



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, free consultations, to schedule your private sessions or free fitness center orientations.

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