

DAVANIAH



MY JOURNEY STARTED IN DANCE, WHERE I EARNED BOTH A NATIONAL DIPLOMA AND HIGHER NATIONAL DIPLOMA IN DANCE AND SPENT MANY YEARS PERFORMING, CHOREOGRAPHING AND TEACHING. MOVEMENT HAS ALWAYS BEEN A HUGE PART OF WHO I AM. AFTER BECOMING A MOTHER OF THREE, I EXPERIENCED HEALTH CHALLENGES THAT MADE IT IMPOSSIBLE FOR ME TO CONTINUE DANCING THE WAY I ONCE DID. DETERMINED TO REBUILD MY STRENGTH AND GET MY BODY BACK, I TURNED TO GYM TRAINING. NOT ONLY DID IT HELP RESTORE MY STRENGTH, BUT IT COMPLETELY CHANGED THE WAY I VIEWED FITNESS AND ITS IMPACT ON OVERALL HEALTH.

LEVEL 3 PERSONAL TRAINER
LEVEL 2 GYM INSTRUCTOR:

- * MUSCLE GAIN
- * FAT LOSS
- * DANCE FITNESS
- * ABS & GLUTES CLASSES
- * CONFIDENCE BUILDING

OVER 30 YEARS OF EXPERIENCE IN
MOVEMENT AND PERFORMANCE.

LET'S GET TO WORK.

✉ BEYONDFORMFITNESS@GMAIL.COM

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