

Rami Eraifeq

Personal Trainer

Rami is a National Academy of Sports Medicine (NASM) Certified Trainer with 15 years of experience. He has specialty training in flexibility, core and resistance training. Rami is also NASM certified in youth, senior, weight loss, and golf specialties.

He specializes in working with people over the age of 50. Rami's clients are those that are looking to improve their movement during daily activities and are interested in learning how to live a healthy, active lifestyle.

Rami was born in Jordan and moved to the United States when he was about 9 years old. He lived in Silver Spring and graduated from Salisbury University in 2003.

