

Sameer Sharma

Sameer is a National Academy of Sports Medicine (NASM) Certified Personal Trainer, FRC Certified Mobility Specialist, Mobility WOD Certified, Certified Yoga Instructor, 3rd Degree Black Belt in Aikido, International Chinese Martial Arts Championships (ICMAC) Gold & Silver Medalist in Tai Chi. Sameer brings over 20 years of athletic, martial arts, and functional movement experience to Level Fitness.

Sameer's ideal clients are those who want to learn to move well and reconnect with their inner athlete; regardless of their age. He believes that mobility and optimal movement are the foundations of life-long fitness. His martial arts practice has shown him the importance of the mind/body connection and Sameer aims to cultivate this awareness in his clients.

Hours available to train:

Monday, Tuesday and Thursday 5:00pm – 9:00pm

Saturday 9:00am – 1:00pm

