

# BASHIR HOOPER

Bashir Hooper is a student at GMU and a former athlete on George Mason's Men's soccer team. He has played soccer for 16 years, playing within the DC United Academy as well as overseas. Bashir has a combined six years of soccer coaching experience and is a newly certified Personal Trainer through the American College of Sports Medicine (ACSM). In addition to sports specific training experience, he has been a fitness enthusiast for six years. With a combination of high level experience and scholarly perspective, Bashir is confident he knows what it takes to help others properly set and reach their goals.

Bashir's methods and experience allow him to embrace challenges, while realizing the importance of balance and having fun while on the journey toward one's goals. When he is not working out, Bashir enjoys cooking, listening to all types of music, and hanging out with friends and family. He also enjoys reading, discovering more about culture and the human body, and trying new things!

