

TARA ESMAELI

Tara Esmaeili was born and raised in Iran and moved to United States when she was 18 to continue her education in the medical field. She's currently studying biology with a minor in nutrition at George Mason University. Growing up, she was inspired by her father who is an international Martial Arts coach, to have a career in the fitness industry and change peoples' lives for the better. Tara received her personal training certification through the American Council of Exercise (ACE) in 2016. She's excited to work with her clients to enhance their health and improve their self-esteem. Tara believes that training regularly brings both mental and physical strength. The strength and confidence from personal training will help people in overcoming many life obstacles. It is never too late to decide to take control of your health and fitness, and Tara is committed to guiding you in achieving optimal results.

