

BINIAM GHEZAI

Biniam is one of our more experienced Personal Trainers here at Mason Recreation. He was born in Eritrea and raised in Alexandria, VA. As a child, Biniam remained active by playing soccer and participating in gymnastics. At the age of 16, he got his first gym membership and hasn't stopped attending since. After high school, he stayed active by continuing in strength training. He began working for Mason Recreation in 2006, during which time he also worked as a physical therapy technician at Commonwealth Orthopedics. He received his Bachelor of Science in Nursing and later became a registered nurse. He currently holds his Personal Training certification through the National Academy of Sports Medicine (NASM) and specializes in physical therapy and rehab exercises.

Biniam loves completing his own personal workouts. When he's not doing fitness-related activities you can find him spending time with his loved ones. Mason's strong community ultimately helps him aid in teaching people how to stay healthy and fit for life. He believes if there is a will, there is a way. Bring your will and he will show you the way.

