**Bahiya**

****

**Fitness Philosophy:**

To inspire and coach others to be the best version of themselves and live a healthy life!

**Why am I an Instructor:**

Fitness and nutrition are my passions. As a Fitness Instructor, paying it forward is extremely important and by sharing my love of health and fitness with others, leading them to a healthy lifestyle, is the best way. At the end of the day we all want to best we can be.

**My biggest guilty pleasure:**

Chocolate

**Specialties:**

Resistance Training, Indoor Cycling, MiXXed Fit, Pound