

**PERSONAL
TRAINING
WITH**
Alan Makar
**FITNESS
COORDINATOR**



Education/Certifications

- IFA CERTIFIED PERSONAL TRAINER
- STUDIED HEATH AND SCIENCE

Training Philosophy

Working in the fitness industry has allowed me the opportunity to be part of people's journey. Seeing my clients progress and what they are able to achieve has always brought me joy. I like to keep it simple, pinpointing what your goal is, finding what works and going for it.

Interests

I'm extremely passionate about mixed martial arts. This has played an essential role in both my fitness & health lifestyles, and has influenced my coaching style.

"I enjoy working with all types of people, including everyone from active older adults to athletes."