

PERSONAL
TRAINING
WITH

Alan Makar

FITNESS
COORDINATOR



Education/Certifications

- NETA Certified Personal Trainer
- USPA Powerlifting Coach LVL 1
- IFA Personal Trainer
- NETA Nutrition Coach
- Studied Health / Science

Training Philosophy

I work with people of all levels and enjoy helping them make steady progress—physically, mentally, and in confidence. My training blends calisthenics and heavy lifting, with an approach focused on finding what works for each individual. I'm plant-based fueled and always here to support and guide

Interests

Working out, watching fitness clips, learning from others, movies, programming for clients, and trying new plant-based recipes.

"FIND WHAT WORKS, COMMIT TO IT, AND KEEP SHOWING UP."