

SHAUNA SAGHBENE

ACE Certified Personal Trainer



SPECIALIZATIONS

Pre-and Post-Natal Fitness
Sports Nutrition
Metabolic Conditioning

A NOTE FROM SHAUNA...

As a mother of two young children, I know how hard it can be to make time to take care of yourself. That is why I use time-effective, performance-based training to make the most of every minute of the time I have with clients. In addition, I provide nutritional counseling to help fuel workouts and meet health and fitness goals. I have been working in the fitness industry for almost 12 years and have coached numerous clients to their goals and beyond!