

Deresse Haile

PROGRAM MANAGER

EDUCATION & EXPERIENCE

My fitness journey started in the mid-'90s when I started coaching high school basketball in Ethiopia. I started working in the US fitness industry in 2018 as a Kettlebell fitness instructor. I am a NASM certified Personal Trainer and NASM performance enhancement specialist. I have also training as a Kettlebell, battle rope, TRX, and Barefoot boot camp instructor.

TRAINING STYLE & PHILOSOPHY

Fitness is a lifestyle for me and my training style focuses on making clients achieve this. I guide them to be in control of their fitness so that working out is not just a necessity but an enjoyable lifestyle choice.

I like fast-paced circuit workouts using different modalities to make my training fun and challenging at the same time.

IF I WEREN'T WORKING IN FITNESS, I'D BE A:

I would be a photographer. I like the art of photography and it is one of my main hobbies.

CONTACT ME AT

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