



SoFlo

FITNESS and WELLNESS
ANYONE ANYTIME ANYWHERESM

www.soflofitandwell.com

Biography

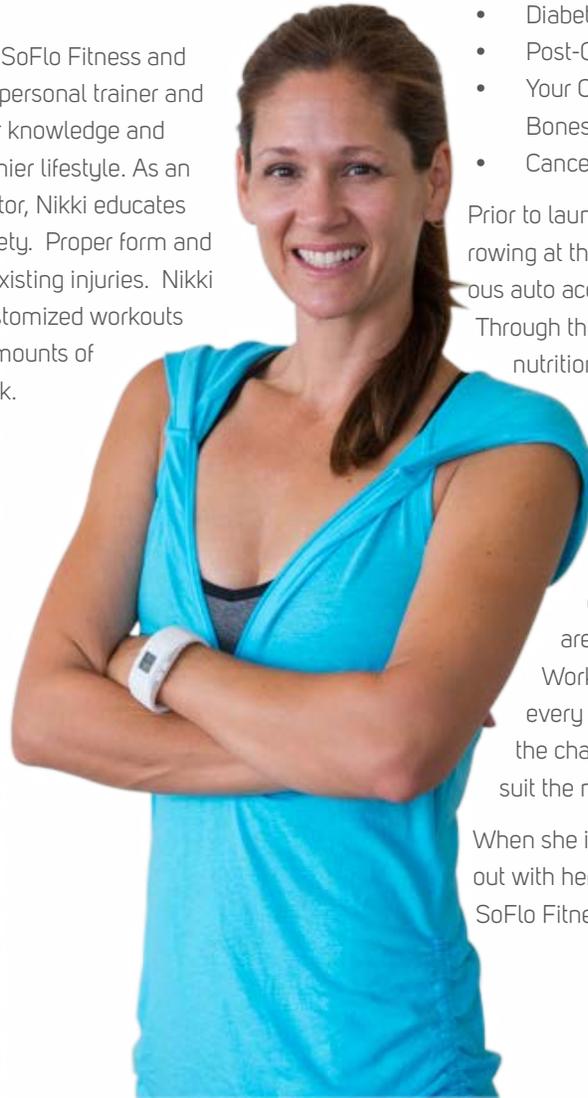
Nikki Zembal

Founder

Nikki Zembal is a personal trainer and founder/owner of SoFlo Fitness and Wellness. For over 18 years, Nikki has been known as a personal trainer and group instructor with a boundless passion for sharing her knowledge and expertise with those who are serious about living a healthier lifestyle. As an ACE Certified Personal Trainer and Group Fitness Instructor, Nikki educates clients to obtain maximum benefit while maintaining safety. Proper form and technique are critical in avoiding injury or exacerbating existing injuries. Nikki incorporates circuit and interval training into her fully customized workouts that are designed to maximize effectiveness in shorter amounts of time, giving her clients unprecedented bang for their buck.

Nikki holds numerous professional certifications and accreditation in her field, including:

- Bachelor of Science – University of Toronto
- A.C.E. Group Fitness Instructor Certification
- A.C.E. Personal Trainer Certification
- Aerobic Kickboxing Certification – W.A.K.A.I
- Red Cross CPR and First Aid Certified
- Body Training Systems – Body Attack and Body Step



She also completed courses from some of the most well-recognized trainers and professional organizations in the industry, including:

- Breathe, Stretch and Relax; Linda Christy Weiler CEC
- Super Step; Ken Alan Associates CEC
- The Yoga Connection; Linda Christy Weiler CEC
- Pre and Post Natal Fitness; ACE CEC
- Cholesterol and Exercise, ACE CEC
- Diabetes and Exercise, ACE CEC
- Post-Orthopedic Rehabilitation for Personal Trainers, ACE CEC
- Your Clients FrameWork - 7 Steps to Healthy Muscles, Bones and Joints, ACE CEC
- Cancer and Exercise, ACE CEC

Prior to launching her career as a personal trainer, Nikki competed in lightweight rowing at the University and club levels. She was more recently involved in a serious auto accident and suffered multiple injuries and deals daily with significant pain. Through these experiences, she gained valuable insight into training methods, nutrition and injury prevention, rehabilitation and pain management. Nikki has maintained a strong interest in living a healthy lifestyle and showing others how to as well.

Nikki is an expert when it comes to working with any age group of any fitness level. Whether she is working with pre-teens, post-natal mothers, seniors, thirty-something's, those with specific medical concerns or injuries, Nikki has become known as a trusted partner in all areas related to living healthy, feeling good, and taking charge of one's life. Working with different populations has shown her amazing ways to unleash every individual's potential as she begins working with them, and she enjoys the challenge of designing the ideal workout and healthy lifestyle choices to suit the needs of every client she encounters.

When she isn't in the gym or spending time with clients, Nikki enjoys hanging out with her family and pets, reading, watching movies and building her business, SoFlo Fitness and Wellness.

“She-Preneur Identifies Big Gap in the Market and Launches the First Ever Comprehensive Fitness and Wellness Mobile Services Company in South Florida”

Optimizing time and maximizing convenience by having South Florida’s premier fitness and wellness services delivered to your doorstep is now a reality. SoFlo Fitness and Wellness is empowering people in Miami-Dade, Broward and Palm Beach counties to prioritize their health by simply filling out a short easy form on their website.





We are not just personal trainers, Pilates and Yoga instructors, massage, stretch, injury rehab therapists and nutritional counselors, but health and wellness professionals committed to helping you feel and look your best.

SoFlo Fitness and Wellness has launched their mobile personal training, expert yoga and Pilates instruction, nutritional counseling, massage, stretch and injury therapy services and more in Miami-Dade, Broward and Palm Beach counties.

The brainchild of ACE Certified Personal Trainer and Group Fitness Instructor Nikki Zembal, the company focuses on bringing customized mobile fitness and wellness services to anyone, anytime, anywhere in the South Florida area. SoFlo also offers other fitness and wellness related services for the corporate market, including Fitness Center Programs and Management, Corporate Fitness Training programs and a 6-week Corporate Fit Challenge for employees and their families.

"A couple of years ago, I realized that the big stumbling blocks for people starting a fitness and wellness regimen was the time, effort and expense involved," said Zembal, a fitness industry veteran for 20 years. "I wanted to reduce to a minimum the time and effort components by offering all of those specific services directly to the client, wherever they are and whenever they want them, and thus SoFlo Fitness and Wellness was born."

Their vast mobile team of passionate, experienced and qualified professionals share SoFlo's vision of customizing solutions while optimizing time and maximizing convenience for individuals, groups, employers, communities and

companies. Anyone who initiates a consult using the short pop-up or Complimentary Consultation form associated with any of their elite fitness and wellness services on the website can expect the team to offer a choice of solutions. SoFlo then brings all of their expertise, knowledge and the correct equipment right to their door.

"We are not just personal trainers, Pilates and Yoga instructors, massage, stretch, injury rehab therapists and nutritional counselors, but health and wellness professionals committed to helping you feel and look your best," she said. "Our team strives to build lasting relationships that produce results. We have extensive experience in listening to individuals and groups and finding the right course of action the first time."

SoFlo's app and portal are great time saving tools allowing clients and professionals 24/7 access to their accounts to schedule, track, chat, manage and more. They encourage potential clients to access slim downed versions here. The company is excited about integrating an Uber like feature into their existing app for all to use in the New Year.

More information about SoFlo Fitness and Wellness and their services is available here.

About SoFlo Fitness and Wellness:

SoFlo Fitness and Wellness is the premier provider of mobile fitness and wellness services including, but not limited to Personal Training, Yoga, Pilates, Massage, SoFlo Stretch and Flexibility, Injury Rehab and Nutrition services to individuals and groups. Their elite services are available to anyone, anywhere, anytime in Miami-Dade, Broward and Palm Beach.

SoFlo Fitness and Wellness

Short Bio

Corporate Fitness and
Wellness Solutions

Personal Fitness and
Wellness Services



SoFlo Fitness and Wellness strives to build lasting relationships that produce results. We have assembled a vast team of passionate and enthusiastic fitness and wellness professionals in South Florida who share our vision. We are not just Personal trainers, Pilates and Yoga Instructors, Massage, Stretch, Injury therapists and Nutritional counselors, but health and wellness professionals committed to helping you feel and look your best!

We bring Fitness and Wellness Services to Anyone, Anytime, Anywhere, in Miami-Dade, Broward and Palm Beach. Begin the journey to feeling and looking better while optimizing your time and maximizing the convenience with the SoFlo Fitness and Wellness helping you all along the way!





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