

SHEERAH YANG

PERSONAL TRAINER

ACE Certified Personal Trainer

First Aid CPR/AED certification

Muay Thai & Boxing trainer for beginners

Profile:

Sheerah is a passionate coach specializing in strength training, Muay Thai, and boxing. She helps you sculpt your body through smart muscle gain and fat loss. So you can look better, move better, and feel more confident.

With a strong sports background, she creates personalized programs to improve performance, build strength, and help you become healthier and pain-free. Let's build a stronger you.



AWM