



ENHANCE YOUR LIFESTYLE



+971 52 712 4723



coachzain_dubai

A woman with long, dark, curly hair is shown from the waist up, leaning forward. She is wearing a light purple or lavender athletic top and matching leggings. She has a watch on her left wrist and a tattoo on her right hip. She is looking upwards and to the right with a thoughtful expression. The background is a gym with various pieces of equipment and ceiling lights.

**A BRAND NEW
BEGINNING**

I'M COACH ZAIN

A fitness and wellbeing mentor, with over 10 years of experience in health and wellness, I specialize in Yoga, Pilates, Personal Training, and Clinical Nutrition as a Registered Dietitian. I've worked with diverse clients, from corporate teams to individuals managing health conditions like PCOS, thyroid issues, diabetes, cholesterol, and asthma. I also offer rehab-focused training for joint injuries, post-surgery recovery, and mobility challenges, especially for older adults. My expertise extends to guiding women through pre- and postnatal fitness. My holistic approach blends mind, body, and soul to help every client thrive at every stage of life.



MY QUALIFICATIONS

- Reps Certified (Level 2&3)
- Certified Pre and Post Natal Instructor: The Pilates Institute
- Certified Yoga Teacher: The Yoga Institute of India
- Mat Pilates Teacher: The Pilates Institute
- Registered Dietician: Institution of Nutrition and Fitness Sciences
- Rehab Therapy and Foam Roller Expert
- Kangoo Jumps Instructor: Kangoo Power

MY AREAS OF FOCUS

I advocate for a holistic view of wellness that transcends mere physicality. It involves mental clarity, emotional equilibrium, and a cohesive bond with our bodies. This is why I prioritize the five components of fitness.



Muscular
Strength & Endurance



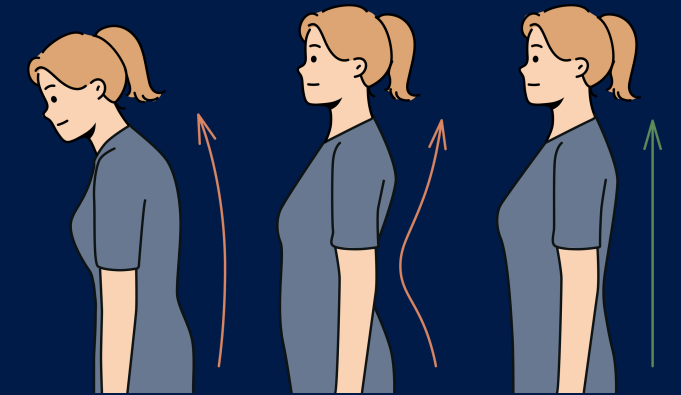
Cardiovascular
Endurance



Flexibility



Diet



Posture Correction



360° APPROACH TO TRAINING

Mind and body connection: Emphasizing the integration of mental and physical well being to enhance overall health and performance.

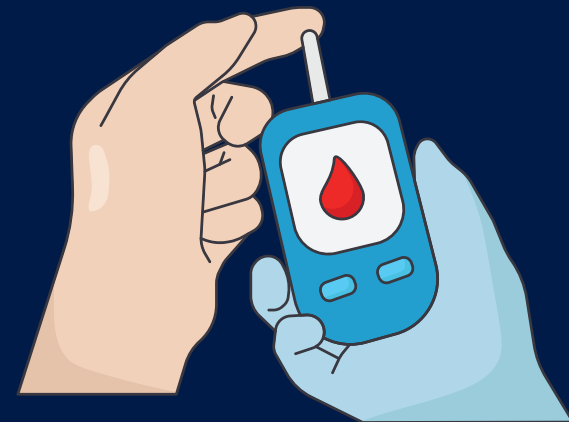
Bespoke Programs: Tailoring fitness plans to meet specific needs, goals and preferences for sustainable results

Longevity: Promoting a balanced and consistent approach to fitness for lifelong health, wellness and vitality.

COACHING FOR SPECIAL AILMENTS



Polycystic ovary syndrome (PCOS)



Type-1 & Type 2 Diabetes



Stress and Anxiety



Hypothyroidism /Hyperthyroidism



High Cholesterol

PAYMENT PLAN

MUSCLE BUILDING AND POSTURE CORRECTION

1 session: AED 500

6 sessions: AED 2400

12 sessions: AED 4200

24 sessions: AED 7000

36 sessions: AED 9000

PRE NATAL

1 session: AED 450

6 sessions: AED 2400

12 sessions: AED 4200

24 sessions: AED 6720

36 sessions: AED 9000

VINYASA & HATHA YOGA

1 session: AED 350

6 sessions: AED 1980

12 sessions: AED 3200

24 sessions: AED 5400

36 sessions: AED 7200

GROUP TRAINING 2 PEOPLE

1 session: Aed 700

6 sessions: Aed 4200

12 sessions: 7200aed

24 sessions: Aed 11,500

36 sessions: Aed 14,400

Terms and conditions apply. All packages include a bespoke diet plan.

REAL STORIES

Zainab's expertise in exercise physiology and nutrition stands out. Beyond just workouts, her dietary advice perfectly aligned with my fitness goals. She's been transformative in my journey, taking the time to grasp my goals, limits, and preferences, resulting in a personalized approach that made all the difference.

-RUCHI VATSALA, 40



BEFORE



AFTER

REAL STORIES

I've had the pleasure of working with Coach Zain at the gym, and I can confidently say that she's been instrumental in my fitness journey. Her expertise in toning and muscle strengthening has truly made a difference in my workouts. With Coach Zain's guidance and encouragement, I've seen significant progress in my fitness goals. If you're looking for a trainer who not only knows her stuff but also inspires and uplifts you, Coach Zain is the one to go to!

- DEEPALI KAVALANI, 28



REAL STORIES

"I can't thank Zainab Fahad enough for the incredible prenatal yoga classes she's been teaching me. Her classes are more than just exercise; they're a sanctuary where I can connect with my body, mind, and baby. Her warmth, empathy, and personal touch make each session feel like a special moment. She has a unique ability to adapt the exercises to my changing needs, ensuring I'm always challenged but never overwhelmed. Her guidance has helped me feel stronger, more flexible, and mentally prepared for labor. I'm so grateful for her support and can't wait to see what the future holds."

- JENTI TAHILIANI, 37



REAL STORIES

I am truly grateful for Zainab's guidance on my fitness journey. In just a short time, I've seen remarkable changes in my body composition and strength. Her personalized workouts and constant encouragement have been the key to my success. I feel healthier and stronger than ever before. Thank you for pushing me towards my fitness goals!

SHEETAL BHATIA 35

Zainab's expert knowledge of body movement, vast / various tips & techniques to improve flexibility & her attention to detail make for a great instructor! She uses that perception to help students to correct & improve techniques while also catering individual plans to achieve individual goals throughout each session. She also has the critical ability to challenge students while keeping the classes enjoyable, informative & highly recommended! - VIJAY PILLAI, 71

Zainab received me barely walking with severe back pain and now getting and now getting back in shape

Best in town 🍂❤️

– MAHMOUD, 47



She received me barely walking with severe lower back pain and now getting back again in shape

Best in town , my friend/PT @coachzain_dubai