



Tasha Ingram Fitness



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Tasha Ingram Fitness is a certified personal trainer that owns and operates a [personal training gym Nyc](#). We've been building personalized training routines to fulfill your specific fitness goals for almost ten years. We are always here to assist you from bulk up your biceps, lose weight, to improve your joint health. Visit our website to learn more about our services.

For more details, please visit <https://www.eqlic.com/detail/tasha-ingram-fitness-east-new-york-356213>
