

Lata Rajan

A fitness professional with a passion for tapping the potential within. Lata has been in the fitness industry for over a decade. Having worked both in the domain of training as well as teaching at academies like K11 Fitness Academy, Talwalkars Chennai and Gold Gym University (GGU), she has made difference to many a physique and waist line through personal training of clients.

A certified Pilates Instructor, Lata is also certified in Aerobics, Weight training, handling special population groups like hypertensive and diabetics. Having compiled a manual on Core training, she lectures to potential fitness instructors on Exercise Theory.

Lata deeply believes in Inside-Out; the door to change in the body or in any area of life needs to open from inside. Core training therefore reflects this philosophy.