

Robin Hart and Dej “Nokweed” Sriampai (husband and wife team) have opened At One Fitness, a unique training facility in the NoHo arts district. Robin’s dance background along with Nokweed’s Muay Thai expertise and their combined love for fitness inspired them to open a gym that offered it all “At One” location.

Robin, a Hollywood native, has been in the dance and fitness world for over 20 years. Professionally trained in New York and L. A., Robin performed in many dance companies, videos and commercials. Robin is now a personal trainer certified by the National Academy of Sports Medicine, American Council of Exercise and has been featured in the Daily News, KTLA news, and Shape Magazine!

Nokweed, former fighter from Thailand, has over 30 years experience training and teaching. He is internationally recognized as one of the top ring officials in the world and is one of the most sought after instructors in the sport. Nokweed is the founder of “Muay Thai School USA”(located within “At One Fitness”) the only school that the WBC Muay Thai and the Sports Authority of Thailand endorses.

At One Fitness is a state of the art facility with top of the line cardio, strength and martial arts training equipment. The gym additional has a full size boxing ring, a 1300 sq.ft. class room with a sprung hardwood floor, great sound system, lockers, showers, free parking and more. All teachers are of top quality and fitness, dance and muay thai classes are available for all levels with no membership required. Please call (818)980-6688 or visit www.AtOneFitness.com