

Amina Daniels is a high energy fitness professional, who champions her Detroit based cycle studio Live Cycle Delight. Equally as passionate about style as she is for fitness, she has enjoyed over 10 years of success in luxury retail management and client service assistance in New York City, Atlanta and Los Angeles. During her time in NYC, she lead top revenue generating French Connection, Michael Kors and Juicy Couture locations, and opened flagship locations of G-Star and Tommy Hilfiger.

As a social media and freelance writer, she has assisted many organizations like Honey Magazine online, the Loud Speakers Network, Lace by Tanaya, Tot Squad to achieve brand awareness, increase digital revenue, and enhanced brand engagement through social media. These brands enjoy lasting success, thanks to her involvement in their digital campaigns.

Amina has been a frequent guest on the Combat Jack Show, as well as co-hosting Reality Check, a podcast on the Loud Speakers Network. Additionally, Amina features over a decade of experience working in urban markets selling contemporary, active wear and luxury apparel in major markets such as New York, L.A., and Atlanta.

After falling in love with cycling in New York City, she discovered an excellent source of exercise, and an eco-friendly transportation alternative. After a bicycle accident and subsequent recovery, she realized there was a need for space that promoted awareness and safety, as well as enjoyment from fitness. Amina is also an avid yogi, whose passion stems from connecting individuals to a fit lifestyle, and is committed to promoting healthy lifestyles in her community. Amina holds fitness certifications in RYS200 from Kripalu, Group Strength, Personal Training, TRX Camps, TRX Group Fitness, TRX Rip Trainer and Indoor Cycling by Schwinn Bikes and Real Ryder. Amina obtained a bachelor's degree in Public Relations from Clark Atlanta University.