

Nelson "Thairu" Barnes

Nelson is originally from Chicago, IL and has resided in GA for almost 20 years. He has been active in youth advocacy and community organizing for over 15 years. Professionally, he is a certified personal trainer, martial arts practitioner & instructor. In addition, he is an educator with Tamu Sana Kanyama Preparatory Academy of Creative Arts and Media Technology.

In addition, Thairu is a licensed financial professional with experience with retirement planning, health & life insurance, financial education and day trading. He is building a movement addressing functional fitness and self-defense, as well as the relationship between fitness and finances. Thairu is available for personal training, self-defense classes, and other wellness products and services via email at teamgohard.atl@gmail.com.

