



Abigail Myers

Education/Certifications: B.S. Exercise Science with a minor in ASL, Massage Therapy PA License, NETA Personal Training Certification

Training Philosophy: I'm always working towards a balanced life and believe that exercise is a key component with benefits: increased heart health, mood booster, lessens everyday fatigue, etc. I don't believe you need to be the next elite athlete, but simply try to do a little more than you did before, until you reach a healthy balance.

** I like to train within functional fitness modalities, helping those dealing with chronic pain, as well as those that have let their exercise habits lapse a bit too long! **



Lori Briesch

Education/Certifications: AFPA Certified Personal Trainer; NETA Certified Senior Fitness Specialist; NETA Certified Kettlebell Instructor

Training Philosophy: Eat well, Sleep well, Move more, Stress less. The value of healthy living can be underestimated greatly. I am happy to help anyone who has a desire to live a healthier life in a body that is strong and balanced.

** I have also always enjoyed working with the senior population. I am happy if I can help my clients become stronger, so their everyday activities become easier. **

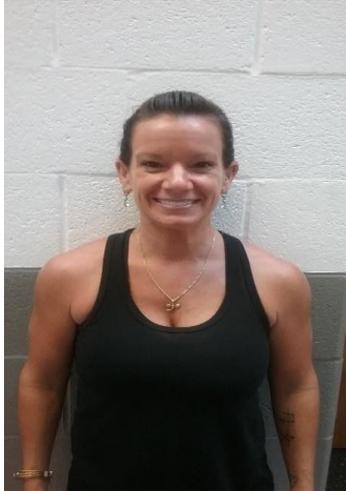


Erica Wolgemuth Johnson

Education/Certifications: NETA Certified Personal Trainer and Group Fitness Instructor; Les Mills Body Combat and CXWORX Certified instructor; Certified Rock Steady Boxing [for Parkinson's] Coach

Training Philosophy: I feel strongly that improving one's health is a lifelong journey, and that should always be striving to be better than yesterday. Find something that you love to do, whether its boxing, or running, or obstacle races, or yoga and let it elevate you!

** I work with people of all ages motivated to achieve their fitness goals! Specialties include Kickboxing and the Parkinson's community. **



Suzanne Keyrouse

Education/Certifications: *FiTour Certified:* Advanced Personal Training, Group Fitness, Advanced Yoga, Advanced Pilates, Foam Roller; *Les Mills Certified:* RPM, Body Pump, Body Combat, Body Attack, TONE, CXWORX, Body Flow; Certified Zumba, Plyoga

Training Philosophy: The impact of helping someone reach their health and fitness goals is beyond rewarding. I love to take people to a place that they would not normally go on their own. I like to show them what they are capable of and that goals can be achieved!

****I love to work with people of every age and fitness level. I like to train with just body weight. I'll push you to the next level! Our bodies powerful and an amazing tool in reaching fitness goals!****



Elsbeth West

Education/Certifications: NETA Certified Personal Trainer; Les Mills Body Flow and TONE Certified Instructor; MusikGarden certified

Training Philosophy: Fitness isn't just about weight loss or just getting in shape, it's about improving quality of life, moving better and social connection.

****I train ages 0-100! My formal education is with children, but my experience is with older adults. I will always be positive, supportive and encouraging to help you attain your fitness goals!****



Justin Dorff

Education/Certifications: B.S. Biology; NASM Certified Personal Trainer

Training Philosophy: Fitness is a life-long journey that requires some motivation and discipline. Finding a plan that works with your schedule and lifestyle is crucial to this balance and to integrating fitness into your life. I am here to help develop exercises and workout routines that meet people where they are currently at and then progress from there.

****I focus on all areas of general conditioning, including but not limited to, cardiorespiratory, strength, balance, and flexibility. ****



Kyle Weaver

Education/Certifications: ISSA Certified Personal Trainer

Training Philosophy: Do the things today that others won't, so that tomorrow you can do the things others can't!

**I enjoy working with athletes of all ages. I also enjoy working with clients for sports performance, strength training or fat loss. **



Jacki Weaver

Education/Certifications: ACE Certified Personal trainer; Schwinn Certified Cycling Instructor

Training Philosophy: I love to meet people where there are physically and move them in the direction that they want to go! I determine each training session by my clients' goals and limitations. We work closely together as I design a program, which means I can make modifications quickly whether that means scaling back or progressing faster. I love seeing my clients become excited about fitness and I love when they achieve their goals!

**I enjoy training the senior population. This can present a challenge to me as I might have to work around past injuries or surgeries. I thrive on that challenge! **



Kristina Jordan

Education/Certifications: Licensed Massage Therapist who is full body certified in **Active Release Techniques**.

Active Release Techniques is a modality to treat soft tissue dysfunctions. This is achieved by using a contact with an appropriate depth and tension to target the desired tissue (muscles, tendons, ligaments, and fascia), the tissue is then taken through full range of motion. This method effectively breaks the adhesions in and between tissues. Because movement is required, clothing that limits restrictions of movement are advised.

Common symptoms treated with ART are piriformis syndrome, carpal tunnel syndrome, golfers' elbow, headaches, shoulder limitations, low back pain, and more.



Brandi Cooper

Education/Certifications: NASM Certified Personal Trainer; Zumba Certified Instructor; Les Mills BodyPump, Les Mills CXWORX Certified Instructor

Training Philosophy: Simply, my goal is to help you reach your goal. I like to focus on strength training with proper technique and safety. I want to help you achieve what you thought maybe impossible. Whether your goal is improving your fitness in daily activities or competitive events, I want to help get you there by working as a team together.

****I'm comfortable working with anyone who is willing to try and to give their best effort! ****



Matt Orta

Education/Certifications: B.S. Exercise Science; NASM Certified Personal Trainer; NSCA Certified Strength and Conditioning Specialist

Training Philosophy: The biggest Barrier is the one we set on ourselves. Once we break through that, anything can be accomplished with hard work and dedication.

**** I specialize in working with strength and conditioning with athletes as well as HIIT training. ****



Karalyn Kempinski

Education/Certifications: B.S. in Exercise Physiology; NETA Certified Personal Trainer; NETA Certified Bosu, Kettlebell and Spin Instructor

Training Philosophy: I think everyone should be active and healthy! I most enjoy helping people attain their personal fitness goals. I believe your workout needs to be fun. If they aren't fun, you won't want to do them!

****I love working with people who want to work hard, athletes, small groups and older generation!! Fitness is my passion. I love to teach people to get in shape for their specific lifestyle, not just a short-term fix! ****



Rachel Mayfield

Education/Certifications: NETA Certified Personal Trainer and Group Fitness Instructor; NETA Certified Maximum Interval Training and High Performance Training for Sports Instructor

Training Philosophy: Fitness isn't about being better than someone else, it's about being better than you were yesterday. When your mind tells you to stop, it's time to push a little harder.

****I love introducing clients to the benefits of HIIT (High Intensity Interval Training) and strength training. ****



Sue Ann Rohrer

Education/Certifications: B.S. Sports Management; AA General Studies, Diploma in Gerontology; NASM Certified Personal Trainer; ASFA Certified Personal Trainer & Senior Fitness Instructor; NASM Golf Fitness Specialist; NASM Prehab vs Rehab; NETA Certified Indoor Cycling and Kettlebell Instructor

Training Philosophy: Wellness and Fitness improves your quality of life! Listen to your body! I believe in focusing on the individual. The trainer/client relationship is extremely important. My job is to provide the knowledge and tools needed to be successful and develops specific, appropriate, and progressive training routines for each individual client.

****I understand how important it is to maintain strength, flexibility, balance, and cardiovascular health throughout lifespan, especially as we age. ****