Teresa Berty

Education & Certifications:

- ACE Certified
- GCC Certified Personal Trainer

Years in Fitness Industry

- First Year- over 130 hours of internship at several locations.

Training Specialty Interests: all ages and all fitness levels

Personal Philosophy: *Don't be in a hurry… just keep moving forward. Be proud that you're making the effort to improve your fitness health.*

Jessine Bukowski

Education & Certifications:

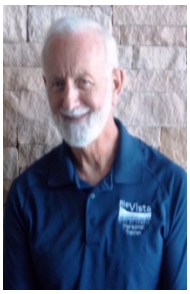
- ACE Certified
- AAS Degree, Glendale Community College, in Personal Training and Sports Wellness
- GCC Certified in Nutrition and Wellness

Years In Fitness Industry

- Coached various sports for 3-5 year olds and up to Varsity teams
- 2 months as Personal Trainer

Training Specialty Interests: Athletes, children, and young to middle-aged adults

Personal Philosophy: *I believe that choosing to exercise everyday is the gatway to a better lifestyle. The small goals we set today (weight loss, performance, daily activities, etc…) are just stepping stones to abtaining a healthier way of life tomorrow***.**



John Jacob

Education & Certifications

- Bachelor of Science Degree in Physical Education
- ACSM certification
- Loma Linda University Certification
- YMCA Certification
- American Institute of Fitness Educators Certification
- PTA Certification
- Older Adult Certification

Years In Fitness Industry: 20 years experience in the industry.

Training Specialty Interests: My focus is helping anyone, but mainly older adults achieve and maintain an active, independent lifestyle and recover from illness and/or injury.

Personal Philosophy: *Education is a lifelong motivation toward fitness and wellness.*

Michelle McGlynn

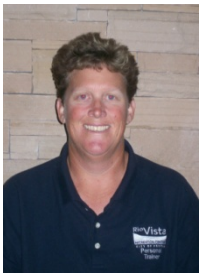
Education & Certifications:

- BS from University of Arizona
- Personal Training Certification from Glendale Community College
- Nutritional Certification from Glendale Community College
- ACE certification

Years In Fitness Industry: 4 years as a Certified personal Trainer

Training Specialty Interests: Women struggling with weight loss

Personal Philosophy: *Don't beat yourself up, try your best and just keep going!*

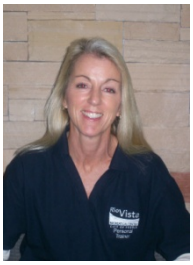


Stephanie Mellring

Education & Certifications:

- Bachelor of Arts in Physical Education
- National Strength and Conditioning Associations (NSCA)

Years In Fitness Industry: 14 years as a Physical Education Teacher, 3 years as a Personal Trainer
Training Specialty Interests: General fitness
Personal Philosophy: *It is never too late to make positive changes in your life.*

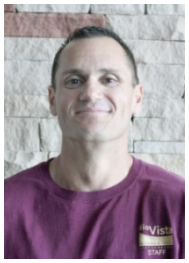


Nancy Monroe

Education & Certifications:

- American Council of Exercise (ACE)
- Glendale Community College Personal Trainer Certificate

Years In Fitness Industry: 8 years experience in the industry
Training Specialty Interests: Head to toe training - Strength, Flexibility, and Cardio
Personal Philosophy: *With encouragement and motivation, training with a certified personal trainer can ensure your success to improve everyday living.*

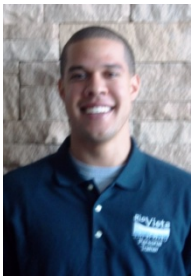


Cory Rade

Education & Certifications:

- AAS Degree, Dietetic Technology
- ACE certification
- NSCA Certification

Years In Fitness Industry: 4 years experience in the industry
Training Specialty Interests: Nutrition and weight loss
Personal Philosophy: *Small steps can lead to an amazing journey.*



Charles Rentrope

Education & Certifications:

- Bachelor of Science in Exercise Science, University of New England
- NSCA Certified; Personal Trainer Certified

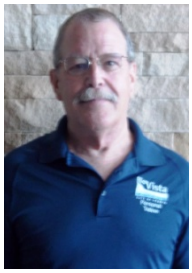
Years in Fitness Industry: Five Years in the industry.
Training Specialty Interests: My focus is helping young adults and middle-aged men and women who want to improve on their quality of life.
Personal Philosophy: *To improve your quality of life with an exercise prescription that consists of strength and conditioning.*

Erik Sorenson

Education & Certifications:

- ACE certification
- Glendale Community College Personal Trainer Certification
- Completing BS in Exercise and Wellness at Arizona State University

Years In Fitness Industry: 3 years experience in the industry
Training Specialty Interests: All populations from athletes to elderly
Personal Philosophy: *I want to help guide you in the right direction for a healthier lifestyle.*



John Stephens

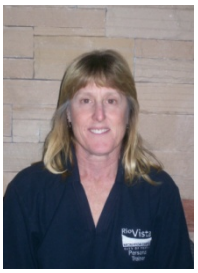
Education & Certifications:

- ACE certification
- Glendale Community College Personal Trainer Certification

Years In Fitness Industry: First year in Industry – many more to come!

Training Specialty Interests: My focus is helping anyone who has stepped off the couch, driven to thegym, and walked through the doors to make a commitment to improve themselves mentally and physically. I will help you attain your goals no matter your age or current physical shape.

Personal Philosophy: *Your body is a forgiving machine. No matter how long you have neglected or abused it, your body will respond positively to physical activity and proper nutrition. "The more you do, the more you can do."*



Susan Smith

Education & Certifications:

- Double BS from Grand Canyon University, Athletic Training and Corporate Fitness and Wellness
- Glendale Community College Personal Trainer Certification
- Advanced CPR/AED/First Aid Certification

Years In Fitness Industry: 12 years experience in the industry

Training Specialty Interests: Injury rehabilitation, sport specific training, strength and flexibility.

Personal Philosophy*: I enjoy working with people of all ages and fitness levels. I feel it is important to develop the proper methods of training, by establishing good form and technique; you will eliminate risks of permanent injury*.

Brian Trubl

Education & Certifications:

- Glendale Community College Certification
- AAS Degree in Strength, Nutrition, & Personal Training
- Group Fitness Instructor
- Personal Trainer
- Strength and Conditioning Personal Trainer
- Nutrition for Fitness and Wellness

Years In Fitness Industry: 3 Years at Rio Vista, Interned 150 hours at Moon Valley High School

Training Specialty Interests: Special populations, athletes and teens

Personal Philosophy: *I listen and take the time to understand your personal goals and desires. My fitness and teaching methods are all very result-oriented. I motivate my clients and at the same time, I am extremely patient. My programs are safe, fun, and tailored to achieve your specific goals. I am dedicated to improving and enriching the quality of your life. "Fitness is Fun, Health is Happiness."*