

“CHALLENGES COME TO BUILD CHARACTER, STRENGTH AND ENDURANCE. IF YOU’RE NEVER CHALLENGED THEN YOU WILL NEVER CHANGE. ACCEPT YOUR CHALLENGES AND FOCUS ON POSITIVE CHANGE. NEVER GIVE UP!”



Nichole Bratton Williams

- Wellness Instructor
- Certified Personal Trainer, AFAA
- CPR/AED Certified
- M.A. in Health Services Management, Webster University
- B.S. in Biology, Johnson C. Smith University
- Wellness and Nutrition Consultant
- Specialty: weight & strength training/ body building, weight loss & management, cardiovascular conditioning
- Hours Available: Mon-Thurs, 8:30 am to 5:00 pm, Special request times are available.

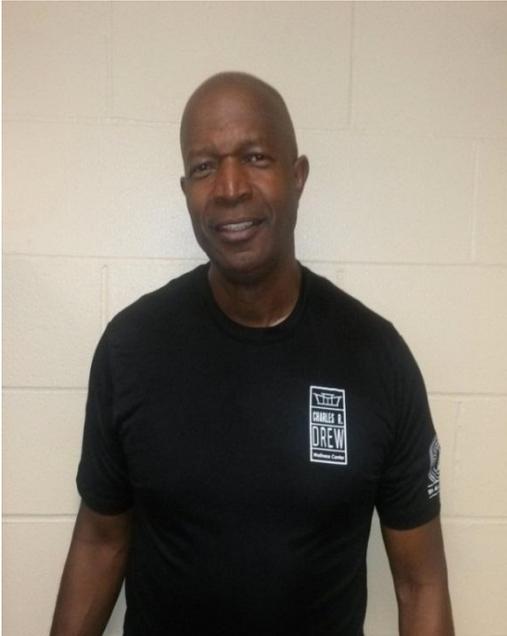
“THERE IS NO SUCH THING AS “CAN’T”, JUST NOT PRESENTLY ABLE.”



Eric Manna

- Certified Personal Trainer, NCSF,
- CPR/AED Certified
- RYT 200-Hour – Eco Fitness and Blue Turtle Yoga,
- Spartan SGX Coach Certification
- Apex Fitness Professional Certification
- Reiki Level 1 Certification
- A.D. in Exercise Science & Wellness, Dutchess Community College
- Specialty: Yoga, Cardiovascular Conditioning, Weight & Strength Training, Circuit Training, Weight loss & Management
- Hours available: Available upon request

"BE AS STRONG AS YOU CAN, FOR AS LONG AS YOU CAN."



James Anderson

- **Certified Personal Trainer**
- **CPR/AED Certified**
- **Arthritis Exercise Specialist**
- **Senior Fitness Specialist**
- **Exercise Therapy**
- **B.A. in Philosophy**
- **Specialty: Strength training and conditioning, especially for individuals of 50 years of age and above.**
- **Hours Available: Available upon request**