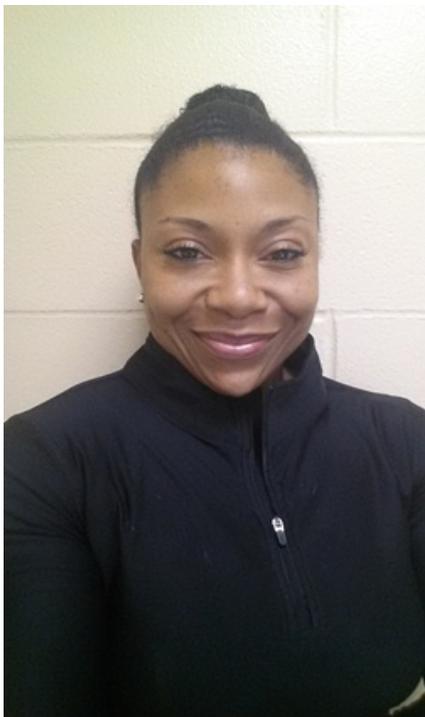


“Challenges come to build character, strength and endurance. If you’re never challenged then you will never change. Accept your challenges and focus on positive change. Never give up!”

Nichole Bratton Williams



Education & Certifications

- M.A. in Health Services Management, Webster University
- B.S. in Biology, Johnson C. Smith University
- Certified Personal Trainer, AFAA
- CPR/AED Certified

Specialties

- Weight & Strength Training
- Bodybuilding
- Cardiovascular Conditioning
- Weight Loss and Management
- Nutrition & Wellness

Hours Available

- Mon-Fri 8:30 am to 4:30 pm

“I like and appreciate everyone that I train”

Sherman Goodwin



Education & Certifications

- Certified Personal Trainer, W.I.T.S.
- CPR/AED Certified
- B.S. in Business Administration, The Citadel
- M.A. in Business Administration, Columbia Southern University

Specialties

- Weight loss and Management
- Weight and Strength Training
- Experience working with the elderly population

Hours Available: Available upon request

“You’re not learning if you’re not falling”

Leah Griffin



Education & Certifications

- Certified Personal Trainer, AFAA
- CPR/AED Certified
- Certified Group Instructor, AFAA

Specialties

- Circuit Training, Weight loss & Management

Hours Available: Wednesday’s and Friday’s

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

Eric Manna



Education & Certifications

- Certified Personal Trainer, NCSF
- CPR/AED Certified A.D. in Exercise Science & Wellness
- RYT 200 Hour – Eco Fitness and Blue Turtle Yoga
- Spartan SGX Coach Certification
- Apex Fitness Professional Certification
- Reiki Level 1 Certification
- Fitness facility In-House Fitness Trainer Course

Specialties

- Circuit Training, Yoga, Weight & Strength Training, Cardiovascular Conditioning, Weight loss & Management

Hours Available: Available upon request

"IT WILL HURT. IT WILL TAKE TIME. IT WILL REQUIRE DEDICATION. IT WILL REQUIRE WILLPOWER. YOU WILL NEED TO MAKE HEALTHY DECISIONS. IT REQUIRES SACRIFICE. YOU WILL NEED TO PUSH YOUR BODY TO THE MAX. THERE WILL BE TEMPTATION. BUT, I PROMISE YOU, WHEN YOU REACH YOUR GOAL, IT WILL BE WORTH IT."



Education & Certifications

- Certified Personal Trainer
- CPR/AED Certified
- M.A. in Public Health from Kaplan University
- B.A. in Communication Studies from East Stroudsburg University

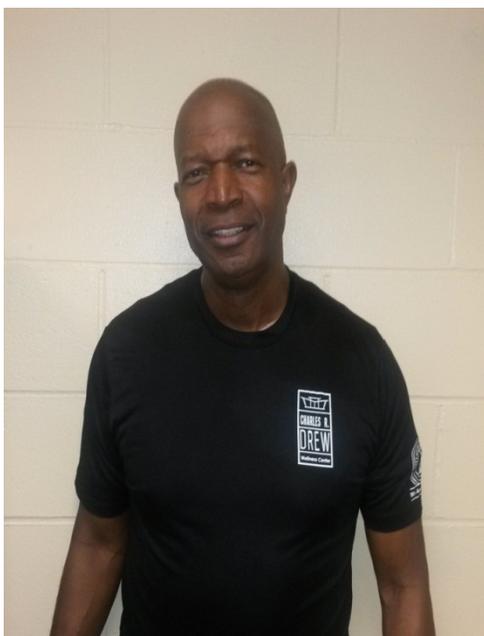
Specialties

- Turbo-Kick Instructor
- Group Exercise Instructor
- Indoor Cycling Instructor
- Wellness Coaching
- Circuit Training, Weight & Strength Training, Cardiovascular Conditioning, Weight loss & Management

Hours Available: Available Upon Request

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

James Anderson



Education & Certifications

- Certified Personal Trainer
- CPR/AED Certified
- B.A. in Philosophy, Southern Illinois University
- M.A. in Missions & Evangelism, Asbury Theological Seminary
- Ph.D. in Theology/Missions at Concordia Theological Seminary (Fort Wayne, Indiana), and The University of South African in Pretoria, South Africa.

Specialties

- 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