

PEGGY POTTER

Associate Director, Health & Wellness

- Certified Personal Trainer-NASM
- . AFAA Group Exercise
- Parkinson's disease
 Foundation Instructor
- Certified Diabetes Prevention Program Coach
- Certified Cycling Instructor
- Certified Instructor: Mat Pilates / Pilates MOTR
- Specialties: TRX, Les Mills, Zumba, Barre



KYLE GIFFEN Member Experience Manager

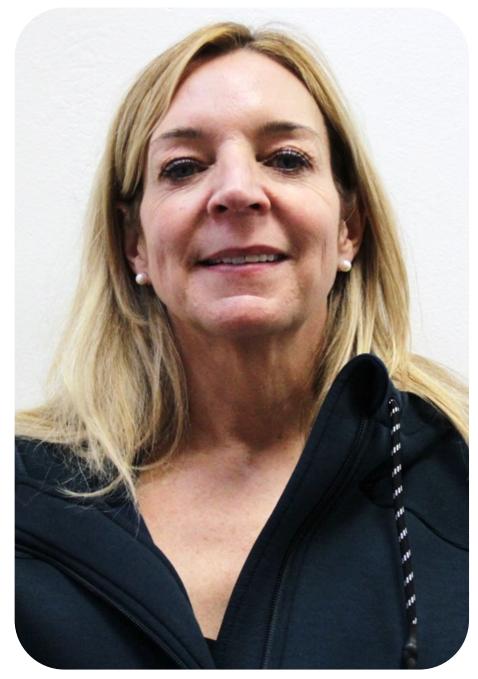
- Certified Personal Trainer-NASM
- Corrective Exercise Specialist-NASM
- Certified Nutrition Coach–NASM
- Stronglifting Level 1 Certified





CHERYL BOURDON

Certified Personal Trainer-ACE
Special Populations Trainer



ALI DWYER

- Certified Personal Trainer-ACE/NASM
- Group Fitness Instructor-ACE
- Certified Instructor: Mat Pilates
- Certified Cycling Instructor
- Specialties: Barre, Tabata, Les Mills, Dynamic Stretching





PATTI FOOT

- Certified Personal Trainer-ACE
- . Group Fitness Instructor-AFAA
- Certified Instructor: Advanced Mat Pilates
- Certified Delay the Disease™ Instructor (for Parkinson's disease)
- **.** Special Populations Trainer
- Specialties: Cycling, Zumba, RIPPED, kettlebell, Aqua exercise, nutrition



PATTI GAVALAKIS

- Certified Personal Trainer-AFAA
- Group Fitness Instructor-AFAA
- Peak Pilates® MVe® Instructor
- Pilates Instructor-NETA
- Specialties: gliding, kickboxing, RIPPED





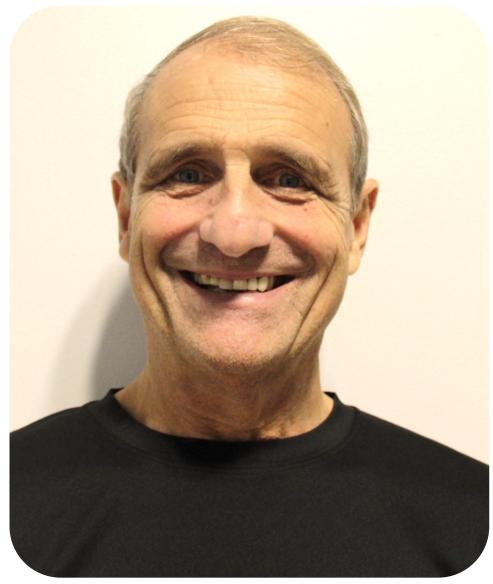
MARIE-FRANCE GREER

- Certified Personal Trainer-ACE
- Group Fitness Instructor-ACE
- . Certified Instructor: Pilates MOTR
- Special Populations Trainer
- Specialties: TRX, nutrition, Cycling, Aqua Exercise



GABRIELA HANSEN

- Certified LiveStrong Coach
- Certified Total Parkinson Instructor
- Certified Personal trainer-NASM
- Senior Fitness Specialist-NASM
- Aquatics Fitness Instructor-AEA
- Group Fitness Instructor-AFAA



SAM PAGANO

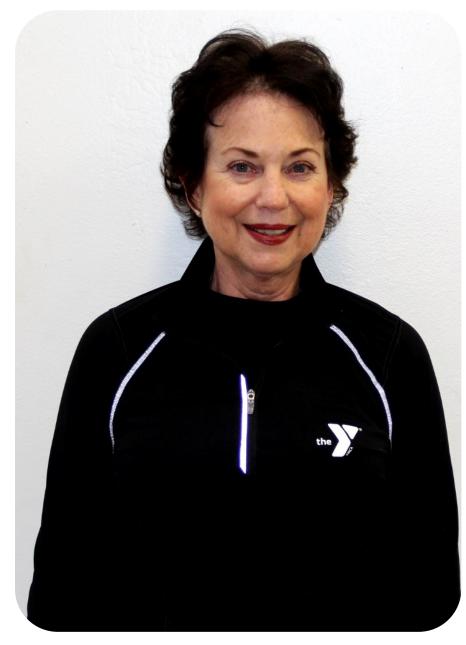
- . Certified Personal Trainer-AFAA
- . Group Fitness Instructor-NETA
- Certified Cycling Instructor





NIKKI RAGONESE

- Certified Personal Trainer-NASM
- Certified Instructor: Pilates MOTR
- Certified Cycling Instructor
- Certified LIVESTRONG[®] at the YMCA Coach (for cancer survivors)



SUSAN SHEELEY

- Certified Personal Trainer-AFAA
- Group Fitness Instructor-NETA
- Medical Exercise Specialist-ACE
- Certified Delay the Disease™ Instructor (for Parkinson's disease)
- Cranial/Sacral Practitioner
- . Reiki Master
- Special Populations Trainer
- Specialties: Yoga Fit, Chair Yoga, MVe[®] Pilates chair



KELLY DIETZEL

- **. ACE Certified Personal Trainer**
- . TRX Certification
- Kettlebell AMPD Certification
- . Matrix MX4 Certification
- . AFAA Group Exercise Certification



CHRIS FLISZAR

- . ISSA Certified Personal Trainer
- **. ISSA Certified Nutrition Coach**
- . ISSA Certified Fitness Coach





MARILOU BEARD

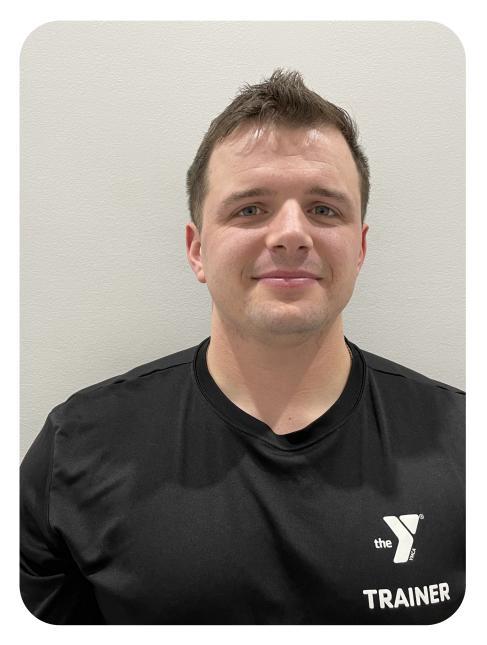
- **. ACE Certified Personal Trainer**
- . TRX Suspension Training Level 1
- . TRX RIP Trainer
- Kettlebell AMPD Instructor



NICOLE BATTISTA

- **. ISSA Certified Personal Trainer**
- ISSA Certified Weight Management Specialist





SEAN LANDOLFI

• Personal Trainer ACE