



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**

MADISON AREA YMCA



KYLE GIFFEN

Member Experience Manager

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

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CHERYL BOURDON

- . Certified Personal Trainer-ACE**
- . Special Populations Trainer**

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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**

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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**

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PATTI GAVALAKIS

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

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MARIE-FRANCE GREER

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

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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**

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SAM PAGANO

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

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NIKKI RAGONESE

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

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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**

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KELLY DIETZEL

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

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CHRIS FLISZAR

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

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MARILOU BEARD

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

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NICOLE BATTISTA

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

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SEAN LANDOLFI

. Personal Trainer ACE

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