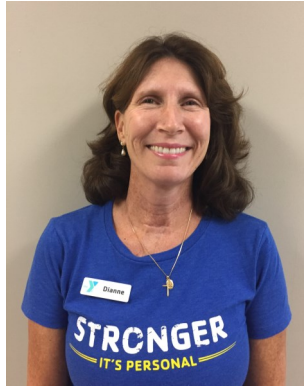


TRAIN WITH THE BEST

With extensive personal training certifications and education, our trainers help you achieve your health and fitness goals.

DIANNE BAISTE

- Bachelor of Science, University of Baltimore
- ACE Certified Personal Trainer
- AEA
- Certified Swim Lesson Instructor
- Certified Water Fitness Instructor



ERIN BYAS

- ACE Certified Personal Trainer
- MADD DOG Spinning Certified



BILLIE PECHINEK

- ACE CPT
- ACE Senior Fitness Specialist
- ACE Weight Management Specialist
- TRX certified
- Running Coach 5k-Marathon



MARK PATTERSON

- NASM Certified Personal Trainer
- YMCA Strength and Conditioning



MARK BAEUERLE

- B.S. Exercise Science, UNC Charlotte
- ACE certified Personal Trainer
- NASM Golf Fitness Specialist



LINDSEY SCHRUER

- NASM Personal Trainer
- B.S. Liberal Studies



TRAIN WITH THE BEST

With extensive personal training certifications and education, our trainers help you achieve your health and fitness goals.

SARA FRAZIER

- ACE Certified Personal Trainer



JESSICA SABOURIN

- B.S. in Kinesiology
- ACSM Certified Personal Trainer
- Running Coach



NATHAN STEWART

- NASM Certified Personal Trainer
- USA Weightlifting Level 1 Certification
- Crossfit Level 1
- B.S. in Sport Management

