

Personal Trainer

Senada Flack



Education:

AFAA Certified Personal Trainer
AFAA Primary Group Exercise
NASM Fitness Nutrition Specialist
StrongFirst Kettlebell Level 2
Ground Force Movement Instructor
TRX Certified Instructor
AFAA G.E.A.R Cycling
AFAA Yoga Levels 1 & 2
CPR/AED Certified

Specialties:

Strength Training
Behavior, Nutrition & Weight
Management
Kettlebell Functional Training &
Coaching
Special Population Coaching

Experience/Training Philosophy:

Determined Fitness and Nutrition Professional with almost 10 years of hands-on experience. Dedicated in all aspects of health and wellness with a philosophy in personal and client improvement.

I believe that fitness is achievable for all ages, genders, backgrounds and abilities. My philosophy is to help each individual attain their goals and to improve their lifestyle, strength, nutrition and overall health, fitness and wellness.

senada.flack@outlook.com

Personal Trainer

D'Anne Carter



Education:

ACE Certified Personal Trainer
AFAA Primary Group Exercise
CPR Certified
AED Certified
American Sign Language Certification

Specialties:

Strength Training
Mobility
Core Stabilization
ASL/English bilingual

Experience/Training Philosophy:

I wish I could tell you I double majored in Exercise Science and Sports Medicine, that I successfully swam the English Channel, and that I set the record for most jumping jacks in one day, but that would be false advertising. What I can tell you is that I have always valued health and fitness, which is why I decided to dive deeper into the fitness industry. I am a new coach who finds joy being in the gym, both mentally and physically. With that being said, my goal is to inspire and educate others, all the while, learning and growing personally and professionally myself. I recently saw a quote at a local Kaffee that said, "Do your body good so your soul wants to live in it." Powerful and motivating, am I right? It would be my privilege to help you achieve your unique fitness goals. Together, we can establish long term habits that become a healthy lifestyle. Last but certainly not least, I want to remind you that you are beautifully and wonderfully made. The number on the scale doesn't define you. I believe that life is about balance and loving your body for the amazing instrument it is. I can't wait to meet you!

Email: dcarter5.fitness@gmail.com

WhatsApp: +1 (575) 430-1499

Personal Trainer

Juliette Yoder



Education:

NASM Certified Personal Trainer

NASM Nutrition Coach

CPR/AED Certified

Specialties:

Strength and Conditioning

Cardio

Weight Loss

Weight Training

HIIT Training

Experience/Training Philosophy:

I'm Juliette, born in '92 in the green country of the United Kingdom. My passion is guiding individuals like you through personalized training and nutrition. I firmly believe that adopting a healthy lifestyle is the ultimate solution to navigate life's myriad challenges. Whether your goals include weight loss, weight gain, muscle development, improving overall health, enhancing joint function, or building strength, I'm here for you, regardless of age, weight, or current condition.

I lead by example, taking my own advice to heart, and I'm committed to standing by your side every step of the way in your fitness journey.

Contact Information:

Email: jyoderfitness@gmail.com

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Phone: +49 01512 4118334

Personal Trainer

Klaudia Almonte Janegova



Education:

NASM Certified Personal Trainer

NASM Certified Nutrition Coach

CPR Certified/AED Certified

NASM Women's fitness specialist

Specialties:

Resistance training / Strength training

Body Recomposition

Nutrition

Core/balance/plyometric/mobility

specialist pregnancy/postpartum fitness

Experience/Training Philosophy:

Would you like to create lasting self confidence by taking your health and fitness to next level through realistic and sustainable lifestyle choices and feel stronger than ever before ? Let's do it !

As a personal trainer and also being a mom, I believe that everything is about right mindset, discipline and consistency. With the correct training and nutrition you will be absolutely able to transform your health, confidence, and conditioning. From eating disorders to excessive exercise habits/gym anxiety... I've been through it all. I know what it feels like to want change, but not understand how to change. It took me years to figure it out, but I found passion in the process. Nothing makes me more happier, than helping others to figure it out way earlier than I did. I am always trying to stay on top of new researches, so I will be able to give my best to you. There is no such thing as one size fits all fitness ... Fitness is for everyone, no matter the circumstances. I can't wait to meet you and help you meet your goals!

Contact Information:

email: klaudiaalmontej@gmail.com

phone: +49 151 67974678

Personal Trainer

Maria Luciotti



Education:

NASM Certified Personal Trainer
AFAA Primary Group Exercise
TRX Functional Training
Master of Science, UMB
CPR/AED Certified

Specialties:

Strength Training/Weight Lifting
Functional Training and HIIT
Core and Stability
Recovery and Mobility

Experience/Training Philosophy:

I have been a certified personal trainer since 2012 and have worked with clients with a wide variety of fitness goals. Whether you are looking to gain strength or muscle, lose weight, learn proper lifting form, or just become more comfortable in the gym, my goal is to help you find success and enjoyment through exercise. My passions in fitness are to help people surprise themselves with their own capabilities, coach in an effort to create independence, and highlight fitness as a journey over our lifetime.

Email: maria.luciotti@gmail.com