

Terry

Umarally



About Terry

My goal is for my clients to move better, move often and to live their best lives.

Areas of Specialty

- Strength
- Mobility
- Kettlebell Training
- Body Weight Training
- Lower Back Health
- Functional Movement
- Posture Correction

EDUCATION & CERTIFICATIONS

BS Physical Education
William Patterson University
NSCA CSCS
Strong First KB 1&2
USA Weightlifting
Pre & Post Natal Exercise
Yoga RYT 500 Hours

LNPC

Emily

Lazazzara



About Emily

My name is Emily and I began my fitness career in college at the University of Georgia. I grew up as a dancer and always had a passion for movement. I began by teaching dance and group fitness classes before getting into Personal Training. I graduated from the University of Central Florida with a masters degree in Kinesiology before joining the LNPC team. I believe that fitness should be fun, challenging, and unique for each individual person. We are all athletes training for the challenges life throws our way every day and with an emphasis on functional, healthy movement, we can get stronger with every rep. No matter your current lifestyle or goals, I want you to feel welcomed, confident, and excited about being in a fitness space and the rewards that come along!

EDUCATION & CERTIFICATIONS

BS in psychology
MS in kinesiology
NASM CPT
AFAA GFI

Areas of Specialty

- Beginners to exercise
- Functional strength
- Mobility and flexibility
- Conditioning

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DeJuan Thompson



About DeJuan

DeJuan's Training Philosophy and mantra to live by "Train for Everything, be ready for Anything", has been his words to live by since he began Training at New York Health & Racquet Club in 2018. A Tree hugging, Plant based Life Coach, Athlete & Creator, DeJuan's mission and message is simply SELF LOVE. Certified by the National Academy of Sports Medicine, DeJuan specializes in Women's Health, Weight Management, Sports Conditioning and Dance Performance. DeJuan brings with him a diverse background, which includes a Bachelors of Fine Arts in Musical Theatre From Coastal Carolina University. Most recently he was last seen as Actor/Dancer with the National Touring Production Company Of the Wizard Of Oz. Struggling to stay motivated to workout? Follow @diggitythebodydoctor on all platforms for all things health & wellbeing.

EDUCATION & CERTIFICATIONS

NASM CPT
B.F.A. Musical Theater & Dance
Performance



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Areas of Specialty

- Women's Health
- Weight Management
- Sports Conditioning
- Dance Performance

Joey

Marino



About Joseph

What's up! My name is Joey. I come from a military family and got the chance to live all over the world. I am passionate about helping people and really getting to know them to create a safe environment to learn and have fun training. I'm a coach focused on getting my clients out of pain and increasing strength to live free of their physical prisons. It fulfills me to help people who have felt lost in their health and fitness journey to finally feel empowered and confident so that they can do the things they once thought were unattainable. Working side by side with my clients and really listening to them has allowed me to help them achieve their goals so that not only do they surpass them, but they understand the why behind the specific exercises and habits we implement. My goal for every one of my clients is to educate them and guide them to their physical freedom.

EDUCATION & CERTIFICATIONS

BS in Exercise Physiology | Florida State University
NSCA-CPT
Precision Nutrition L1

LNPC

Areas of Specialty

- Pain Reduction
- Strength Training
- Mobility
- Habit Formation
- Nutrition Coaching
- Beginner to Advanced lifters

Scott Ealey



About Scott

None of us need to think hard to find reasons why to not exercise: advancing age, past injuries, busy schedules, family responsibilities, and for some of us, exercise is the absolute last thing we're interested in doing. I'm Scott, former amateur Strength Competitor and Blackbelt Martial Artist, Certified Personal Trainer and Advanced Group Exercise Athlete. Apart from making you stronger, I specialize in motivating you to find your Fitness and Wellness 'WHY.' What is your WHY? It's the intrinsic motivation that will drive you to strive every day to be a stronger and healthier version of yourself. I will help you celebrate the 'You' of today, while never being satisfied with average, always striving, and growing! We will tailor your exercise and wellness program to achieve your goals, smashing through the figurative glass ceilings we often make for ourselves, or allow others to make for us. Our work together will guide you to discover your personal Strength, your WHY, and you'll eventually have to try hard to find reasons why NOT to come to the gym. Here's to Living Stronger and Playing Longer! I look forward to working with you.

EDUCATION & CERTIFICATIONS

Bachelor of Science - Education, NASM Certified Personal Trainer, Certified Les Mills Advanced Group Exercise Instructor - BODYCOMBAT, Certified Les Mills CORE Instructor, Blackbelt Martial Artist - To-Shin Do Self Defense

Areas of Specialty

- Exercise and Healthy Eating Adherence and Motivation (Intrinsic/Extrinsic)
- Strength and Hypertrophy (Muscle-Building)
- Weight Management (Healthy Fat-Loss)
- Les Mills Group Exercise
- Small Group/Family Fitness Training

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Macy Levin



About Macy

My goal in every training session is to empower people and help them reach their greatest potential. My favorite way to workout is strength training, more specifically, power lifting. I believe that there is a way to make working out fun and enjoyable for everyone, and that doesn't mean you have to walk on a treadmill for hours to reach your goals. I want my clients to look forward to our sessions and that means finding out what they enjoy while pushing them to be their best.

Areas of Specialty

- Powerlifting
- Strength Training
- Small Group Training

EDUCATION & CERTIFICATIONS

BS Kinesiology
University of Central Florida

NASM CPT

LNPC

Joann Nales



About Joann

My goal for all my clients is for them to move their bodies in a meaningful way. Whether it's using kettlebells, performing high intensity circuits, or learning proper form, I coach movement to all ages and abilities. I believe exercise is for everyone and with the right guidance one can achieve better health just by moving their body.

Areas of Specialty

- Functional Movement Training
- Introduction to Exercise
- Exercise for Seniors
- Medically Based Fitness Programming

EDUCATION & CERTIFICATIONS

BS Applied Physiology &
Kinesiology/ Disabilities in Society
University of Florida

NASM CPT
FMS 1 & 2

Rock Steady Boxing for Parkinsons

LNPC

Kyra

Dickie



About Kyra

I believe fitness should be functional, enjoyable, and tailored to your unique needs. Exercise is not one-size-fits-all, so I create exercise programs that will feel good on your body and make you stronger.

Areas of Specialty

- Women and LGBTQ+
- Fitness
- Beginners in Fitness
- Triathlete/Half Marathon Pursuits
- Wellness
- Yoga

EDUCATION & CERTIFICATIONS

B.S Sport & Exercise Science, M.S
Higher Education Policy

ACE Certified Personal Trainer, ACE
Group Exercise Instructor, RYT-200,
Stages/Schwinn/MadDogg Indoor
Cycle, BarreAbove, TRX

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Jason Carilli



About Jason

I am a Master trainer with a diverse range of expertise and a true passion for helping clients achieve their fitness goals. My extensive knowledge and experience in various areas allows me to not only focus on strength and endurance but also optimize your overall well-being. So, whether you are just starting your journey or looking to level up, I'm here to educate, elevate and empower you to be your best.

Areas of Specialty

- Strength Training
- Weight Management
- Mindset
- Lifestyle
- Nutrition

EDUCATION & CERTIFICATIONS

University of Florida, BSBA Finance

ISSA: Master Trainer, Elite Trainer, Fitness Coach, Youth Fitness Coach, Strength & Conditioning Coach, Nutritionist, Certified Powerlifting Instructor, DNA Coach, Exercise Recovery Specialist, Glute Specialist

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Deanna

Blanco



About Deanna

I would like to help you develop a lifelong love for fitness. Whether you are working out for stress relief, strength gains, or to look and feel better, I want your workouts with me to be the best part of your week!

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Areas of Specialty

- Flexibility/ Range of Motion Restoration
- Beginner Strength & Weight Training
- Dance & Aerial Conditioning
- Lower Back and Core Strengthening
- Senior Fitness

EDUCATION & CERTIFICATIONS

Bachelors of Political Science, University of Central Florida

- NASM CPT
- Flexibility Script Certified Flexibility Therapist
- 200hr YTT Yoga (Ashtanga)
- AFAA Group Fitness
- XPERT Aerial Hammock
- Liquid Motion Certified Floor Movement
- AFAA Practical Pilates
- AFAA Group Resistance
- XPERT 1/2, Aerius, and ElevatED Pole Fitness

Milery Honore



About Milery

With years of expertise working with individuals from all walks of life, my passion lies in helping people lead better functioning lives. My unique approach focuses on empowering clients to make meaningful lifestyle changes, prioritizing not only physical transformations but also overall well-being. I specialize in functional fitness, designing personalized training plans that enhance strength, flexibility, balance, and endurance, ensuring my clients feel their best in their day-to-day activities. I provide unparalleled support and expertise, making it the ultimate destination for achieving your health and wellness goals.

Areas of Specialty

- Strength Training
- Functional Training
- Pre-Post Natal
- Boxing

EDUCATION & CERTIFICATIONS

NASM-CPT
Pre/Post Natal

LNPC

Sabrina

Lopez



About Sabrina

I love getting to know people's strengths and weaknesses when it comes to finding the right program. I tailor your program based on what your needs are. I focus on long term health and wellness where you can maintain motivation and consistency. I will focus a lot on core strength training and range of motion through functional training.

Areas of Specialty

- Core Strength
- Functional Mobility
- Yoga
- Power Yoga

EDUCATION & CERTIFICATIONS

Masters Public Administration
Keller Graduate School

NASM CPT
Les Mills Core & Body Pump
Barre
AFAA Yoga

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Denisha

Rodriguez-Pflucker



About Denisha

My name is Denisha and I am a New Jersey native of Puerto Rican descent (yes - I speak spanish!). I got into the world of fitness and nutrition after receiving a medical diagnosis at the age of 22 and ended up realizing my passion for wellness. I decided to pivot from a career in psychology to a career in kinesiology because I wanted to help others who find themselves in the same position I found myself 4 years ago: scared, gym-timidated, and not at all sure of where to start. I am here to help celebrate wins of any size!

Areas of Specialty

- Comprehensive Health
- Introduction to Exercise
- Functional Strength Training

EDUCATION & CERTIFICATIONS

BS Psychology and Kinesiology
University of Central Florida

NASM CPT
NASM Certified Nutrition Coach

LNPC

Hector

Camacho



About Hector

My goal is to help you discover your untapped potential to the better body, health, and life you envision for yourself through exercise and functional movement to overcome any barrier both physically and mentally to allow you to make the rest of your life the best of your life.

Areas of Specialty

- Injury Prevention
- Exercise & Athletic Performance
- Functional Strength & Mobility
- Bodybuilding

EDUCATION & CERTIFICATIONS

BS Athletic Training

Athletic Trainer
Certified Ergonomic Assessment
Specialist
ASTYM Certified
Adaptive & Inclusive Trainer

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Jovan

Montalvo



About Jovan

I got into health and fitness because I grew tired of feeling sick, fatigued and was unhappy with my appearance. My life changed once I decided to take action and made the decision to invest in my health; since then, health and fitness have become a large part of my life and now I want to use my knowledge, skills, and past experiences to help you. I know things can be difficult, time consuming, costly, and it is easy to become discouraged, but I will be here to guide, teach and motivate you every step of the way. Working together we can achieve your goal, whether it be losing weight, improving mobility, overcoming an injury, or gaining strength.

Areas of Specialty

- Strength Training
- Weight Loss
- Functional Training
- Corrective Exercise

EDUCATION & CERTIFICATIONS

B.S. Sport and Exercise Science
University of Central Florida
NSCA Certified Strength and
Conditioning Specialist

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