

# 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

# 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

# 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

# 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

# LNPC



# 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!

# LNPC

### 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

# Lea Schneider



## About Lea

My goal as a trainer is to make exercise accessible and fun by meeting you where you are! I hope to minimize any barriers you may have to strength training and overall wellness through encouragement and education. Starting a fitness journey can be intimidating, but it doesn't have to be! Together we can find the form of exercise that suits you best and helps you reach the potential you never knew you had. I'll help build confidence and a basic understanding of exercise so you can continue pursuing your fitness goals long after you finish training with me.

## Areas of Specialty

- Strength Training
- Functional Movement Training
- Introduction to Exercise
- Athletic Development
- Strength Training
- Functional Movement Training
- Introduction to Exercise
- Athletic Development

## EDUCATION & CERTIFICATIONS

BS in Applied Physiology and  
Kinesiology, Specialization in Exercise  
Physiology  
University of Florida

NSCA CSCS

# LNPC

# Christian Cruz



## About Christian

Hi I'm Christian Cruz, the reason I train is because I enjoy being able to educate/help individuals in their fitness goals. I believe everyone deserve the right to good health and to be happy with themselves inside and out.

## Areas of Specialty

- Strength Training
- Weight Loss
- Muscle Gain

## EDUCATION & CERTIFICATIONS

BS Sports & Exercise Science  
University of Central Florida

NASM CPT

# LNPC

# Joe

## Feliciano



### About Joe

Health and fitness are my passion. I am committed to doing no harm to my clients. Staying physically active and eating healthy is one of the best forms of preventive medicine. I am here to help all individuals to become more active and healthier through cardiorespiratory, resistance training and customized exercise programs. I want my clients to know that it's about them and their needs. I believe in implementing evidence-based exercise programs. Let me help you achieve your health and fitness goals. Hablo Español.

### Areas of Specialty

- Weight Loss
- US Army Combat Fitness Test
- Muscle Hypertrophy
- Senior Fitness

### EDUCATION & CERTIFICATIONS

MS Sports Science & Rehabilitation  
Logan University  
BS Nursing  
Antillean University

NASM CPT  
NASM Senior Fitness Specialist

# LNPC



# Kim Yates



## About Kim

I want to help guide you in finding the optimal way to achieving your goals, all while having fun and feeling empowered.

## Areas of Specialty

- Functional Strength and Movement
- Olympic Weightlifting
- Injury Prevention

## EDUCATION & CERTIFICATIONS

MAE Health Education  
University of Alabama Birmingham  
BS Athletic Training  
University of Central Florida  
Athletic Trainer  
USA Level 1 Weightlifting  
Movement Specialist

# 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

# LNPC

# Dominick

## Haynes



### About Dominick

My desire is to help you achieve your goals and to be the best version of yourself! Whether that is to look better in front of the mirror, jump higher or just learn how to better incorporate health and wellness in to your routine. My ideal client is anyone with a goal, a positive attitude, and a willingness to work hard.

### Areas of Specialty

- Strength
- Hypertrophy
- Weight Loss
- Injury Prevention
- Sports Performance

### EDUCATION & CERTIFICATIONS

Doctor of Physical Therapy  
BS Applied Physiology &  
Kinesiology  
University of Central Florida

NSCA CSCS

**LNPC**

# 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

# LNPC

# 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

# LNPC

# Arman

## Badrudeen



## About Arman

"Give a hungry man a fish, you feed him for a day, but if you teach him how to fish, you feed him for a lifetime." - Lao Tsu.

My Goal is to help you become self-sustainable in your fitness endeavors through both training and education. I am currently developing a training system/methodology which can be followed for a lifetime!

## Areas of Specialty

- Mixed Martial Arts
- Powerlifting & Body Building
- Sport Specific Training
- Body Weight Training
- Gymnastics Conditioning
- Mobility & Injury Prevention

## EDUCATION & CERTIFICATIONS

BS Sports & Exercise Science  
University of Central Florida

**LNPC**

NSCA CSCS  
NASM CPT  
TRX Level 1