

# 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.**

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# Personal Trainer

## Dave Malloy



### Education:

NASM Certified Personal Trainer  
B.S.Exercise Science, Creighton Univ.  
CPR/AED Certified

### Specialties:

Strength Training (Weights and Machines)  
Athletic Training  
Weight Loss/Management  
Injury Prevention  
Functional Fitness

### Experience/Training Philosophy:

From a very young age physical activity always intrigued me, so much so that I made it the foundation of my lifestyle and the focus of my college education. I earned a Bachelor's Degree in Exercise Science from Creighton University in 2011 and have been training clients over the past 10 years. My work experience includes personal training and group exercise.

I have been an athlete all my life. The principles I've learned throughout my education and while training to compete are universally adaptable to all lifestyles and ability levels. Each client poses their own unique set of obstacles and challenges to be overcome so as to reach and even exceed their goals. I look forward to sharing my knowledge to help you overcome your obstacles, achieve your goals, and build the foundation for a lifestyle that will continue to pay dividends long into the future.

[DaveMalloyPT@gmail.com](mailto:DaveMalloyPT@gmail.com)

# Personal Trainer

## Evan Pedone



### Education:

AFAA Certified Personal Trainer  
AFAA Primary Group Exercise  
AFAA Certified Spin Instructor  
TRX Functional Trainer  
CPR/AED Certified

### Specialties:

Strength Training  
Functional Training  
Agility and Conditioning  
Mobility and Stability

### Experience/Training Philosophy:

**My goal as a trainer is to give you the tools you need to make exercise attainable, safe, and fun for you. I have experience working with a wide range of clients with varying degrees of knowledge and desired aesthetic/performance outcomes. Everyone has a unique journey, and my job is to empower and assist you in achieving whatever goals you may have. My background is focused on functional training - making the skills we work on in the gym translate into more strength, stability, power, balance, and control in your actual life.**

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# Personal Trainer

## Harley Schafer



### Education:

ACE Certified Personal Trainer  
ACE Primary Group Exercise  
ACE Total Body Tabata Instructor  
ACE Behavior Change Specialist  
CPR/AED Certified

### Specialties:

Advanced Training in Free Weights  
Advanced Training in Weight Machines  
Functional Full Body Toning  
Body Weight Strength Training

### Experience/Training Philosophy:

I have had a passion for health and fitness since I was a teenager and began my journey as my dad's workout partner. I realized that helping people achieve their fitness goals was something that I truly enjoyed and set out to become professionally certified.

I am now certified through ACE as a personal trainer and small group fitness instructor, as well as a Total Body Tabata instructor.

I am also an ACE certified Behavior Change Specialist, because I know that what we do in the gym is only part of the equation, and I want to equip my clients with as many tools as possible to make lasting positive change.

[harleyann94@yahoo.com](mailto:harleyann94@yahoo.com)

# Personal Trainer

## Jordan Esqueda



### Education:

NASM Certified Personal Trainer  
NASM Certified Performance Specialist  
B.S. in Health and Physical Education  
CPR/AED Certified

### Specialties:

Strength and Conditioning Training  
Functional Training  
Agility and Endurance Training  
Sports Performance Training

### Experience/Training Philosophy:

As a trainer I strive to build confidence in and out of the gym. I want my clients to gain the knowledge and skills to live a healthier life. I focus on functional fitness while incorporating high intensity and strength training.

Using a holistic approach with each client, addressing their unique abilities and strengths to compliment their training program. Fitness is never a one size fits all and I strive to grow as a trainer with every client.

[jordan.s@live.com](mailto:jordan.s@live.com)

# Personal Trainer

## Kelli Cabell Dorsey



### Education:

NASM Certified Personal Trainer  
ACE IFT Model: PT Program Design  
Focus PT Institute Masters Diploma  
CPR/AED Certified

### Specialties:

Strength Training  
Weight Training  
Exercise Program Design  
Barbell Basics  
Evidence Based Training

### Experience/Training Philosophy:

I am very passionate about supporting people on their fitness journey. I find happiness in teaching people how to get stronger, and learning to enjoy exercise. I meet clients where they are each day, and don't push them harder than necessary to help them feel successful.

My goal is to offer guidance, education, and encouragement so that people can achieve their personal aspirations for health!

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# 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.

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# Massage Therapist

## Chloe Coulson



### Education:

Licensed Massage Therapist  
AMTA Professional Member  
Registered Cardiac Sonographer  
Associate Degree in Applied Science  
AAS Liberal Arts: Humanities  
CPR/AED Certified

### Specialties:

Swedish (Western Techniques)  
Deep Tissue  
Sports Massage  
Trigger Point Work  
Upper Body CranioSacral Techniques

### Experience/Training Philosophy:

I have been a Licensed Massage Therapist since 2013 and have worked with clients with a range of wellness goals. My combination of techniques makes every session a unique experience. No two clients are alike, so the same should be said for each massage. My goal for every session is for my clients to walk out feeling refreshed and having a long term plan for maintaining their well being.

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