

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

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

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

AI 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.

maria.luciotti@gmail.com



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



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



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.

ctcoulson217@gmail.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!

kmcabell@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.

evvpedone@gmail.com