

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 Mang.
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.

Email: senada.flack@outlook.com

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 trough a 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

D'Anne Carter



Education:

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

Specialties:

Strength Training
Mobility
Core Stabilization
ASL/English bilingual

Contact:

Email: dcarter5.fitness@gmail.com
Phone: +49 1516 796 1593
WhatsApp: 1 (575) 430-1499

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. The truth is, I am just a girl who has always valued health and fitness. I find joy being in the gym, both mentally and physically. My desire is to inspire and educate you, all the while, learning and growing personally and professionally myself. It would be my privilege to assist your individual fitness objectives and empower you with the ability to be self-reliant in the gym. Together, we can work towards establishing long-term habits that will lead to a healthy lifestyle. By focusing on building these habits, you will gain the confidence and independence to maintain this healthy way of life on your own in the future. My ultimate goal for you is to become so self-assured that you won't need my guidance anymore. This process will require commitment and consistency, but with determination, you can undoubtedly achieve long-lasting results. 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!

"Do your body good so your soul wants to live in it."

Personal Trainer

Jonathan Ayers



Education

ISSA Certified Elite Trainer
ISSA Certified Personal Trainer
ISSA Certified Nutritionist
ISSA Certified Strength and Conditioning
ISSA Certified Bodybuilding Specialist
Certified in CPR, First Aid, and Basic Life Support

Specialties

Functional Exercise Training
Nutrition
Weight Management
HIIT Training
Sports Training and Conditioning
Powerlifting
Bodybuilding and Posing
Email: jay.triumphmbs@gmail.com

Experience/Training Philosophy:

As a certified elite personal trainer and nutritionist, I bring a holistic approach to fitness, focusing on mind, body, and soul conditioning. My philosophy centers on building strength, resilience, and balance from the inside out, ensuring each client reaches their peak potential. With certifications in strength and conditioning, bodybuilding, and nutrition, I tailor every program to align with my clients' unique goals. I have over 10 years of athletic coaching across many sports and can also tailor workouts based on athlete aspirations. At the heart of my training is TRIUMPH, a brand dedicated to achieving total wellness through dedication, discipline, and growth. Let's unlock your potential together... one workout, one meal, one mindset at a time.

Personal Trainer

My Hoffman



Education

NASM Certified Personal Trainer
NASM Certified Nutrition Coach
PPSC Pain-free performance specialist
CPR/AED Certified

Specialties

Resistance/Strength training
Functional training
Powerlifting
Rehab
Nutrition
Weight loss/management
Trilingual (English, Swedish, Japanese)

WhatsApp: +1 720 400 2751

Email: mhoff.coaching@gmail.com

Experience/Training Philosophy:

I'm a quirky one-eyed Swedish born personal trainer & nutrition coach who truly loves helping people become their best versions of themselves.

I struggled most of my life with my weight and self-confidence. I've tried it all... Every fad diet, every "magic pill", detox tea and wrap... I learned the hard way that healthy sustainable change takes time, dedication and consistency is key. And how everything you do plays a role in the results you're seeing and how you're feeling.

I strive to help my clients reach their goals, to become healthier, happier, braver & stronger! There is no one size fits all when it comes to fitness. Everyone has different a story, has different starting point, different drives & different struggles and I tailor every program to fit my client's needs and goals.

Progress over perfection.

I can't wait to meet you and go after your goals, together!

Personal Trainer

Elaine Barrios



Education

NASM certified personal trainer
NASM certified Sports Nutrition Coach
CPR
AED

Specialties

Resistance Training - All levels
Strength and Conditioning
Cardio
Body recomposition
Weight loss
Bilingual

WhatsApp: +49 175 9655773

Email: elainebienestart@hotmail.com

Instagram: @solfit_cpt

Experience/Training Philosophy:

With over two years of experience helping clients transform their lives and eight years of personal fitness dedication, I'm living proof that hard work, resilience, and the right guidance can change everything. As a mother of two, I struggled with being overweight until I discovered my passion for health and fitness through my own journey.

Now, I specialize in empowering women to unlock their full potential—both physically and mentally. My approach combines personalized training program strategies to help you build your strongest, healthiest, and most confident self.

I believe that fitness is not just about changing your body, it's about transforming your mindset and embracing your power. Whether you're just starting out or ready to take your training to the next level, I'm here to support and guide you every step of the way. Let's work together to create the best version of YOU!

Personal Trainer

Chat Lofton



Education

Bachelor's Degree in Exercise Science
ACSM Certified Personal Trainer
ASFA Sports Nutritionist
ASFA Group Exercise Instructor
American Red Cross CPR/First Aid

Specialties

Resistance, Strength, and Functional Training
Nutrition Guidance
Rehab / Corrective Exercises
Bodybuilding Prep and Posing

WhatsApp: + 1-901-210-1303
Email: chatlofton@gmail.com

Experience/Training Philosophy:

Seeking assistance can be challenging, yet it's a common thread among those who achieve success along their journey. Boasting more than six years of experience as a personal trainer, group instructor, and fitness manager, I have guided hundreds of clients towards their objectives, whether it's weight loss, competing in bodybuilding competitions, fostering personal growth, or introducing young athletes to resistance training. I offer my assistance to help each person achieve their goals through encouragement, knowledge enhancement, and the establishment of positive habits.

Personal Trainer



Education

ISSA Certified Personal Trainer
ISSA Certified Nutritionist
Certified Nutritional Counselor
Certified Glute Specialist
Certified Teens on Weights Instructor
Certified in CPR, First Aid, and Basic Life Support

Specialties

Functional Exercise Training for Men and Woman
Hormonal Health Nutrition and Training
Perinatal and Postnatal Nutrition and Training
Eating Disorder Recovery Nutrition and Training
Teen and Young Adult Training

Email: wellnessbycaro365@gmail.com

Experience/Training Philosophy:

My name is Caroline, and for the past 8 years I've been a dedicated nutritionist and personal trainer with a passion for helping individuals unlock their full potential through nourishing their bodies and embracing movement. My approach extends beyond the surface level. I have a profound commitment to delving into hormonal health, recognizing its profound impact on overall wellness and I tailor my strategies to meet the unique needs of your hormonal profile.

Additionally, I hold a heartfelt dedication to supporting individuals on the journey of eating disorder recovery. Drawing from my own experiences, I understand the complexities of this struggle and the importance of a compassionate, holistic approach. Together, we'll cultivate a positive relationship with food and exercise, grounded in self-love and nourishment. Beyond the workout routines and meal plans, I strive to create a nurturing, non-judgmental environment where you can authentically be yourself. I believe in celebrating victories, big and small, and finding joy in the process of self-discovery and growth. Let's unlock the vibrant, individual within you!

Personal Trainer

Justin Jon V. Locsin



Education

ISSA Certified Personal Trainer

ISSA Certified Nutritionist

CPR & AED Certified

Specialties

Functional Exercise Training

Strength and Conditioning

Bodybuilding and Posing (Physique)

Email: justin.locsin@gmail.com

Experience/Training Philosophy

Pursuing fitness is not just about achieving a certain look; its about embracing a healthier lifestyle and becoming the best version of yourself. Today is the perfect day to invest in yourself and discover the benefits that a commitment to fitness can bring. My goal is to support clients in achieving not only physical transformation but also mental and spiritual growth, empowering them to create lasting wellness. Whether you are striving to building strength, enhance endurance, or find balance in mind/body/soul – I am dedicated to guiding you every step of the way

Focus Firmly Forward

This time now is when you can think, act, experience, make a difference. The time ahead is where you'll be soon. Give your commitment to now and to what's coming. Honor, respect, and carry valuable lessons from the past while applying the best of yourself to the time and place where you are. Find treasure in the good times that have brought joy and in the difficulties that have built strength. And move on ahead, ready willing, and enthusiastic to add more real substance to life. Allow yourself plenty of comforting and informative memories, but don't hold on too tight. Life is a perpetually dynamic experience, and you deserve to live its full range. Live, love, and learn all you can, as you can. Keep moving forward to even more.

--Ralph Marston

Personal Trainer

Juliette Yoder



Education:

NASM Certified Personal Trainer

NASM Nutrition Coach

CPR/AED Certified

Specialties:

Strength and Conditioning

Cardio

Weight Loss

Weight Training

Pregnancy & Postpartum fitness

Experience/Training Philosophy:

I'm Juliette from Norwich, United Kingdom, a personal trainer based in the KMC area. Whether you are looking to:

- Lose Weight (including baby weight)
- Build muscle and strength
- Improve flexibility or prevent injuries
- Enhance your overall health and wellness
- Personalized meal planning or nutrition advice

I'm here to help you achieve your goals with personalized coaching and support. If you're ready to start your transformation journey, feel free to contact me via phone call, text or WhatsApp.

Let's make this your year of progress and confidence!

Email: jyoderfitness@gmail.com

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