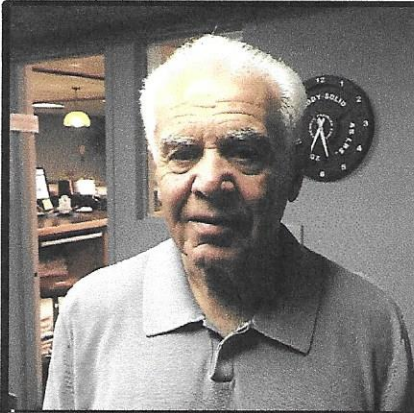


# MEET OUR PERSONAL TRAINERS



## Bijan Savadkohi

**Certifications:** NESTA -National Endurance & Sports Trainers Association Certified Personal Trainer

**Specialties:** Body Definition, Weight Management, Strength Training, Cardiovascular Conditioning



## Peggy Foster

**Certifications:** ACSM -Certified Personal Trainer, Certified Parkinson's Disease Trainer, PWR Fitness Trainer, Personal Trainer School (Providence Institute)

**Specialties:** Challenging Health & Pain Issues, Effective Exercise for the Older Client, Cardiovascular Training, Weight Management



## Sheri York

**Certifications:** NASM - Certified Personal Trainer (currently re-certifying), NESTA -Certified Personal Trainer, Fitness for Golf Certification, Life Coach B.S. Psychology, M.S. Adult Ed

**Specialties:** Strength Training, Cardiovascular Endurance, Body Building, Competition Training & Posing, Golf Training, Race Training (All Levels, Beginner to Marathon), Sports Specific Training, Life Coach



## Sandy White

**Experience:** 25 years hands on experience in types of training techniques. 10 years training clients.

**Specialties:** Bodysculpting, Maintaining Muscle and Strength in Older Adults, Beginning and Intermediate Strength Training. Promoting self-esteem and confidence through exercise