

Personal Trainers

Briggs

399 9th Street N
Naples, FL 34116
239-624-2750

Whitaker

2330 Immokalee Road
Naples, FL 34110
239-624-6870

NCH



Amy Burns (920)205-5302
amymburns1@gmail.com

- Certified Personal trainer
- Occupational therapist- Senior Fitness Specialist
- “Creatively incorporate strength, core, balance & flexibility into your workouts”

Doug Dubois (239)691-0237
dougudubois@comcast.net

- 30+ years experience.
- Specializes in golf/tennis, weight loss programming, post-rehab strength training, and strength conditioning.



Richard Bush (239)641-1650
rjbush@comcast.net

- ACE certified Personal Trainer
- B.S. in Education, State University of New York
- AIFE American Institute of Fitness Education- Older Adult Fitness
- 40 years in the Fitness Industry
- Specializes in Strength, Mobility, Balance, Core training

Fran Fidler (239)537-2971
franfidler@aol.com

- Certified through ACE
- 30+ years experience
- Specializes in senior fitness: focusing on balance, core, strength & cardiovascular fitness training.

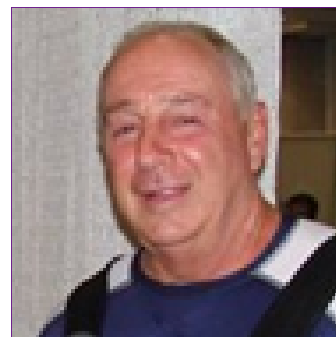


Angela Cooper (239)285-2212
angcohen@aol.com

- Specializes in conditioning flexibility, balance, and sports performance.
- Nutrition counseling
- pre/postnatal fitness

Sonny Grech (239)450-5184

- Certified as a Master Trainer with over 15 certifications
- 20+ years of experience changing lives through strength training & exercise.
- 2x Florida State Powerlifting Assoc. Gold medal winner
- Experience with special needs
- Certified trainer for Parkinson's



Bill Dalrymple (239)200-2128
paradisefitnessfitforfifty@gmail.com

- Certified through ACE
- 20+ years experience
- Specializes in golf conditioning, older populations, and post rehabilitation.

Julia Jackson-Brown (239)207-1837
AKA Coach Julia

- ISSA Elite Trainer & Nutritionist
- Women's Strength & Longevity Coach
- Whole food nutritional counseling
- Specializing in building & maintaining lean muscle, fat reduction & functional movement

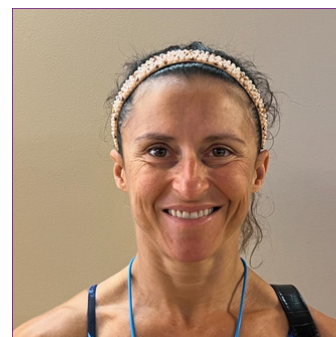


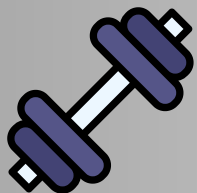
Mary Dent (239)398-3859
fittexan5@gmail.com

- Certified through ISSA
- IFBB PRO
- Registered Nurse
- Specializes in balance, flexibility, muscle building & toning, & fitness training.

Laurel Kent (239)207-9246
attacklaurel@gmail.com

- Certified NASM Personal trainer and Can FitPro Group Exercise Instructor
- 15+ years experience
- Certified Healthy Nutrition & Weight Loss Coach
- Specializes in building muscle & losing weight in a structured and healthy way.





Personal Trainers

NCH



Allyson MacLean (239)641-8555
allyson.maclean@icloud.com

- Certified through ACE
- 20+ years experience.
- Specializes in balance training, postural awareness & joint stabilizing exercises.

Jill Roy (239)289-7658

- bewhollyfit@gmail.com
- BS in Health & Fitness
 - Certified through NSCA and ACSM
 - Offers training programs for balance, gait, posture, pain management and mobility.



Keishaun Mark
contact@2E1M-Fitness.com

- Certified Aquatic Personal Trainer
- Specializes in Aquatics for general fitness, senior fitness, sports performance, special populations, pre/post surgery, & prenatal

Michael Simons (239)537-4336
mikesimons@msn.com

- Medical Exercise Specialist
- 42 years experience
- Specializes in medical exercise training for post-rehab clients.



Fred Muratore (239)206-0657
trainerfm@gmail.com

- Certified through ACE
- Specializes in strength training, core, older adults, osteoporosis, chronic disease, balance, flexibility, & post- knee/hip replacement.

Josh Williams (239)777-9134
joshssiew@gmail.com

- ACE Personal Trainer
- Specializes in functional and strength training using free weight movement, combined with stability and flexibility.
- “Get strong, stay strong”



Bart Reitsma (239)687-9904
sbreitsma@hotmail.com

- MS in Exercise Science
- Dynamic fitness training- combining cardio & strength training
- Perfect for weight loss & full body tone
- “I will provide you with an incredible exercise experience, that will leave you feeling and looking amazing.”

Ildi Varhelyi (617)678-0724
ildi.varhelyi@gmail.com

- AS Science and Physical Therapy, NASM
- Programs for Balance and Fall Prevention, Chronic Pain and Recurring Injury Management
- Arthritis, Post Stroke Rehabilitation, MS, Parkinsons’, Back Pain Management.



Brennan Repp (815)451-1928
www.reppfit.com

- Specializes in mobility, flexibility, functional training, and weight loss.
- “Passionate about living, breathing and teaching a healthy lifestyle.”

NCH personal trainers determine their own schedules and fees. Please reach out to the trainer of your choice directly for details. Personal trainers not contracted with NCH may not train at NCH Wellness & Fitness Centers. Membership privileges will be suspended for members training with non-contracted trainers within our centers. Client must possess an active membership or guest pass to utilize a personal trainer.