

# Personal Trainers

**Briggs**

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

**Whitaker**

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



**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**  
dougdubois@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



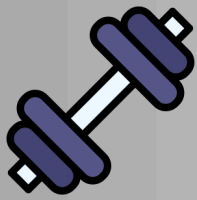
**Mary Dent (239)398-3859**  
fittexan5@gmail.com

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

**Antoine Gonzalez 239-207-4424**  
Azaleg96@gmail.com

- 10 Years training experience
- NASM Certified Trainer.
- Specializing in Bodybuilding Muscular development.
- Individualized Programs based on personal goals.





# Personal Trainers



**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
- Brain based programs for balance and fall prevention, chronic pain and recurring injury management.
- Vision training and conditioning for pickleball players.



**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.