



## Personal Training

NCH Personal Trainers schedules and fees vary. Please reach out directly to the trainer of your choice for details. Only NCH approved Personal Trainers may provide services at NCH Wellness & Fitness Centers. Any violation of this may result in membership termination and/or future access to any NCH Wellness & Fitness Center. All clients must possess an active membership or guest pass to utilize personal trainer.



### **Julia Jackson-Brown**

**(239) 207 - 1837**

ISSA Elite Trainer &  
Nutritionist  
Women's Strength and  
Longevity  
BHOF - BoneFit Certified  
GLP-1 Fitness Programming



### **Allyson MacLean**

**(239) 641 - 8555**

**[allyson.maclean@icloud.com](mailto:allyson.maclean@icloud.com)**

ACE Personal Trainer  
Specializes in strength,  
stability, flexibility, and  
mobility



### **Keishaun Mark**

**[contact@2E1M-Fitness.com](mailto:contact@2E1M-Fitness.com)**

Certified Aquatic Personal  
Trainer  
Specializes in aquatics for  
general fitness, seniors,  
sports, pre/post- surgery,  
and prenatal



### **Fred Muratore**

**(239) 206 - 0657**

**[trainerfm@gmail.com](mailto:trainerfm@gmail.com)**

Ace Personal Trainer  
Specializes in strength, core,  
older adults, osteoporosis,  
chronic disease, balance,  
flexibility, & post-knee/hip  
replacement



### **Bart Reitsma**

**(239) 687 - 9904**

**[sbreitsma@hotmail.com](mailto:sbreitsma@hotmail.com)**

MS in Exercise Science  
Dynamic fitness training -  
combines cardio & strength  
training



### **Brennan Repp**

**(239) 206 - 7505**

**[www.reppfit.com](http://www.reppfit.com)**

Specializes in mobility,  
flexibility, functional training,  
and weight loss



### **Jill Roy**

**(239) 289 - 7658**

**[bewhollyfit@gmail.com](mailto:bewhollyfit@gmail.com)**

BS in Health & Fitness  
Certified through NSCA and  
ACSM  
Offers training for balance, gait,  
posture, pain management, and  
mobility



### **Michael Simons**

**(239) 537 - 4436**

**[mikesimons@msn.com](mailto:mikesimons@msn.com)**

Medical Exercise Specialist  
Specializes in medical exercise  
training for post-rehab clients



### **Michael Szemites**

ISSA CPT

Currently not accepting new  
clients



### **Ildi Varhelyi**

**(617) 678 - 0724**

**[ildi.varhelyi@gmail.com](mailto:ildi.varhelyi@gmail.com)**

AS Science and Physical Therapy,  
NASM  
Brain based programs for balance,  
fall prevention, chronic pain, and  
recurring injury management



### **Joshua Williams**

**(239) 777 - 9134**

**[joshssiew@gmail.com](mailto:joshssiew@gmail.com)**

ACE Personal Trainer  
Specializes in strength training  
using free weight movement,  
combined with stability and  
flexibility.



### **Heather Tronnier**

**(239) 249 - 1935**

**[heathertronnier@icloud.com](mailto:heathertronnier@icloud.com)**

ACE CPT  
Group Fitness Instructor  
Develops customized  
programs to meet your needs.  
There is not one size fits all for  
fitness.  
“Exercise to Energize &  
Energize your Exercise!”



## Personal Training



### **Tony Anastasi**

**(239) 398 - 5489**

**T\_Anastasi@hotmail.com**

ACE CPT

Specializes in muscle building, weight loss, and sport specific training



### **Ana Barreiros**

**(239) 887 - 9690**

**abarreiros1@icloud.com**

ISSA Certified Personal Trainer  
Can help you build strength, gain confidence, improve balance, and help you age in a healthy way



### **Jake Bowlsby**

**(239) 253 - 9932**

**TakeActionJake@gmail.com**

NCSA Certified Personal Trainer

Bone Health Specialist,  
TRX Certified Strength Training & Functional Patterns



### **Richard Bush**

**(239) 641 - 1650**

**rjbush@comcast.net**

ACE Personal Trainer

AIFE - American Institute of Fitness Education

Specializes in strength, mobility, balance, and core



### **Angela Cooper**

**(239) 285 - 2212**

**angcohen@aol.com**

Certified Personal Trainer, Group Fitness Instructor, Nutrition Counselor, Pre/Postnatal Fitness, TRX

Functional fitness programs designed to meet your goals



### **Bill Dalrymple**

**(239) 200 - 2128**

**paradisefitnessfitforfifty@gmail.com**

ACE Personal Trainer

Specializes in golf conditioning, older populations, and post rehabilitation



### **Mary Dent**

**(239) 398 - 3859**

**fittexan5@gmail.com**

ISSA Certified Personal Trainer

Registered Nurse

IFBB Pro

Specializes in strength training, improving balance, flexibility, and functional movement to enhance overall performance



### **Doug Dubois**

**(239) 505 - 8911**

**dougdubois@comcast.net**

ACE CPT

Specializes in golf/tennis, weight loss programming, post-rehab strength training, and strength conditioning



### **Fran Fidler**

**(239) 537 - 2971**

**franfidler@aol.com**

ACE Personal Trainer

Specializes in senior fitness: focusing on balance, core, strength, and cardiovascular fitness training



### **Antoine Gonzalez**

**(239) 207 - 4424**

**azaleg96@gmail.com**

NASM - CPT

Bodybuilding muscular development



### **Sonny Grech**

**(239) 450 - 5184**

Over 20+ years of experience. ISSA Master Certification

Specializing with Seniors, Parkinson's, and Special Needs



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