

NCH

Wellness

Personal Training



Tony Anastasi

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T_Anastasi@hotmail.com
ACE CPT

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



Ana Barreiros

(239) 887 - 9690

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



Jake Bowsbey

(239) 253 - 9932

TakeActionJake@gmail.com

NSCA Certified Personal Trainer
Bone Health Specialist,
TRX Certified Strength Training & Functional Patterns



Richard Bush

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ACE Personal Trainer
AIFE - American Institute of Fitness Education
Specializes in strength, mobility, balance, and core



Angela Cooper

(239) 285 - 2212

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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

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ACE CPT

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



Fran Fidler

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



Antoine Gonzalez

(239) 207 - 4424

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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



Julia Jackson-Brown

(239) 207 - 1837

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



Allyson MacLean

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



Keishaun Mark

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

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

MS in Exercise Science

Dynamic fitness training - combines cardio & strength training



Brennan Repp

(239) 206 - 7505

www.reppfit.com

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



Jill Roy

(239) 289 - 7658

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

Medical Exercise Specialist

Specializes in medical exercise training for post-rehab clients



Michael Szemites

ISSA CPT

Currently not accepting new clients



Heather Tronnier

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heathertronnier@icloud.com

ACE CPT

Group Fitness Instructor

Develops customized programs to meet your needs. There is not one size fits all for fitness.



Ildi Varhelyi

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AS Science and Physical Therapy,
NASM

Brain based programs for balance, fall prevention, chronic pain, and recurring injury management



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.