

<p>Mat Kremke - Certified Personal Trainer</p> <p>Mat decided to go into teaching fitness after losing over 40 pounds himself. Specializing in weight management and circuit training, he makes sure that every member feels comfortable and helps them reach their fitness goals. Mat teaches Lake View Y fitness classes. Mat also completes in triathlons and enjoys helping new comers to the sport get ready for their first race.</p> <p><i>Availability - Thursday and Friday evenings, Saturday afternoons</i></p>	<p>Mondale Hackett – Certified Personal Trainer</p> <p>Mondale’s drill sergeant training style will be sure to help you reach your fitness goals. His motivation will help you reach your limit. Mondale prefers using a variety of free weight workouts with his clients. For a sneak peak of what to expect, check out Mondale’s Ultimate Conditioning class here at the Lake View YMCA.</p> <p><i>Availability: Varies, inquire for time availability</i></p>
<p>Chris Golden – Certified Personal Trainer</p> <p>Chris has worked as a Massage Therapist for 6 years, a position that requires an extensive knowledge of anatomy and physiology. Chris’s training philosophy is an extension of his personal interests, as a sports enthusiast who is passionate about both running and cycling. Chris believes personal training is for everyone, not just the elite. Whether your goal is to run a marathon, lose weight, gain muscle, or just be in condition to keep up with the kids, he can give you the tools to motivate you and keep you there.</p> <p><i>Availability: Varies, inquire for time availability</i></p>	<p>Jackie Payne - Certified Personal Trainer</p> <p>Jackie Payne has been involved in the fitness arena for the last four years, and quit her full-time job to focus on fitness, wellness, and life coaching. She coaches clients both inside and out. Besides being a certified personal trainer, Jackie teaches Turbo Kick, Pilates, muscle conditioning, and spinning. Jackie believes that your body is a foundation for all that you do/want to do in life. Take a fitness journey and discover how strong, flexible, agile, and graceful you can be!</p> <p><i>Availability: Varies, inquire for time availability</i></p>
<p>Melissa DiLeonardo – Certified Personal Trainer</p> <p>Melissa is a certified Personal Trainer and Group Fitness Instructor with the American Council on Exercise. She teaches weight training, core strength and cardio kickboxing here at the Lake View YMCA. Melissa believes that exercise combined with knowledge, patience and body awareness is vital for short and long term health and wellness goals. She works to incorporate cardio, strength training, biomechanics and yoga to design a program that is both challenging and enjoyable for every client – from the beginner to the advanced exerciser.</p> <p><i>Availability: Varies, mid afternoon and some evenings</i></p>	<p>Stacey Gillis - Certified Personal Trainer and Certified Yoga Teacher</p> <p>Stacey teaches kickboxing and interval training to maximize your cardio fitness. Stacey uses a large variety of exercises to help you see results and stay motivated. She’ll show you how to workout in a safe and comprehensive way to bring balance to your body. Stacey has experience working with special populations and people with health conditions.</p> <p><i>Availability: Monday thru Friday 10am – 7pm and Sat 9am – 5pm</i></p>
<p>Bruce Motika - Certified Personal Trainer</p> <p>Bruce has a 30 year history at the Lake View Y. He fosters a motivating environment in the free weight room and focuses on form, injury-free training, and committing to healthy lifestyles</p> <p><i>Availability: Varies, inquire for time availability</i></p>	<p>Lynn Epstein - Certified Personal Trainer</p> <p>As a Personal Trainer/Exercise Therapist for over 20 years, Lynn believes in the physician's credo: "First do no harm." Lynn also believes that change comes from within...and that fitness should be a chance for self-discovery and have an element of fun to it.</p> <p><i>Availability: Varies, inquire for time availability</i></p>
<p>Carrie Brassler – Certified Personal Trainer</p> <p>Carrie is a certified Personal Trainer and Group Fitness Instructor. She teaches cardio kickboxing (Turbo Kick), spinning, sculpting/toning and athletic conditioning classes. As a mother herself, Carrie also specializes in prenatal and postpartum fitness. Five minutes in a class or session with Carrie and you’ll realize she gives 100% all the time. As Carrie’s client, you can be sure that her boundless energy will push you to be the absolute best you can be. And, most importantly, you’ll have fun doing it!</p> <p><i>Availability: Varies, inquire for time availability</i></p>	