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| <p>Mat Kremke - Certified Personal Trainer 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 competes in triathlons and enjoys helping new comers to the sport get ready for their first race. <i>Availability - Thursday and Friday evenings, Saturday afternoons</i></p> | <p>Mondale Hackett – Certified Personal Trainer 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. <i>Availability: Varies, inquire for time availability</i></p> |
| <p>Chris Golden – Certified Personal Trainer 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. <i>Availability: Varies, inquire for time availability</i></p> | <p>Cody Evans - Illinois State Licensed Boxing Certified Cody focuses on building both cardio and muscular endurance through high volume exercises. The idea is to build functional strength, through power and speed. The use of bodyweight exercises, plyometrics and bodybuilding are encouraged to create a well conditioned physique. With boxing being a passion of his, Cody likes to include elements of boxing, heavy bag work and speed bag work to sharpen hand-eye coordination. The belief is that the participant will be diverse and well-grounded in a variety of different methods of working out. <i>Availability – Monday/Wednesday/Thurs/Fri 10am – 4pm and evenings. Sat/Sun afternoons</i></p> |
| <p>Melissa DiLeonardo – Certified Personal Trainer 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. <i>Availability: Varies, mid afternoon and some evenings</i></p> | <p>Stacey Gillis - Certified Personal Trainer and Certified Yoga Teacher 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. She specializes in shaping up after baby! <i>Availability: Monday thru Friday 10am – 7pm and Sat 9am – 5pm</i></p> |
| <p>Bruce Motika - Certified Personal Trainer 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 <i>Availability: Varies, inquire for time availability</i></p> | |