

PERSONAL TRAINERS

Say hello to the friendly and professional personal trainers at the Kettering Recreation Complex and Kettering Fitness & Wellness Center! Let them design a fun and challenging training program that's tailored just for you!

BEN PARSONS



"I've been a personal trainer and group instructor for over 10 years, and I have worked with many people with different goals and different conditions over the years. Not only do I have the knowledge to help you reach your goals but also bring the experience. A personal challenge of mine was when I had my first knee surgery tearing both my MCL and ACL. With the proper exercise routine and schedule, I was able to overcome that and get back to doing what I love."

MICHAEL FREEMAN



"I am a Certified Personal Trainer with an accreditation from the National Academy of Sports Medicine. I aim to bring value to fitness enthusiasts of any level. New to the gym? I can help. Struggling with accountability? I can help. Hitting a plateau? I'm here to help you push through. Whatever the barrier is that is keeping you from reaching your goal; I can absolutely give you the tools and help you achieve it. I love all things fitness, from weights to cardio to circuits: I'm in. Let's go! Let me help you reach your goals."

PEARL JENKINS



"I advocate total wellness through a holistic approach to health and fitness. I promote a mindful lifestyle, guiding individuals to tackle various aspects of life that contribute to dysfunction and deficiency. With expertise in Parkinson's training, HIIT, circuit and strength training and mobility, I equip clients with diverse strategies for physical movement. My philosophy centers on empowering people to live, thrive and maintain optimal health, emphasizing the interconnectedness of mind, body and spirit in achieving lasting wellness"

THOMAS JERVIS



"I take pride in my ability to help my clients set goals, shape new behaviors, and ultimately, reap the rewards that maintaining an active lifestyle has to offer. Part of what I love most about being a personal trainer is the lasting relationships I build with each client and getting to witness their growth throughout their programs. With more than eight years of personal training experience, I am passionate about sharing the benefits of healthy living with others."

DANIEL DALTON



"As a dedicated personal trainer, I am passionate about enhancing functionality and improving the quality of life for my clients. My approach focuses on creating tailored fitness programs that emphasize functional movements, strength, and mobility, ensuring that every workout supports real-life activities and overall well-being. With a background in biomechanics and a commitment to continuous education, I strive to empower individuals of all fitness levels to achieve their personal goals, reduce injury risk, and enjoy a healthier, more active lifestyle. Let's work together to unlock your full potential and make every day a step towards a better you."

JAKE RADLOFF



"If you're ready to take your fitness journey to the next level and finally achieve the results you've been working towards, I'm here to help! I have the knowledge and experience to guide you through a safe and effective workout plan that is tailored to your unique needs and goals. With my expert guidance and support, we can work together to build healthy habits; overcome any obstacles that come our way, and ultimately help you reach your full potential. Don't wait any longer to invest in your health and well-being - let's get started on your journey to success today!"

LARRY FOX



"Through my 10 years of being a personal trainer, I have never had two clients that have been alike. Each client is different in their own unique way. It is my job as a trainer to research and educate myself to meet the needs of a client who has a certain injury, disease or medical condition. This allows me to design a safe, proper and effective program. I'm able to put myself in the shoes of my client and see things from their perspective in order to build their confidence and comfort level. This, with enthusiasm, keeps my clients motivated and builds adherence to a workout regimen."

KEVIN CRISLER



"I think the most important aspect of personal training is to meet people where they are, have a conversation and learn from them what their goals are, what do they want to do moving forward, and let the client take ownership of the process so they feel more empowered in what they are doing. Everyone is different and therefore each training plan is different, while maintaining the basics and fundamentals of movement and strength building. I have been a trainer for 9 years, ACE Certified and I love to see people reach their goals while gaining more confidence in getting better every single day. I have worked with young and old, male and female, individually and in groups and there is nothing better than seeing the smiles due to the continual improvement that my clients make as they get more comfortable and confident in the progress that they make."

GREG JANKOWSKI



"The Balance Professor NASM, National Academy of Sports Medicine certified personal trainer, core 'balance of power' movement specialist and fitness industry educator. Over his 30 plus year career, Greg has provided premier fitness, athletic performance and post-rehab fitness training services to a host of clients in Dayton, Chicago, Los Angeles, NYC, San Diego, Madrid, Spain and Saudi Arabia. An avid sports and music fan, Greg enjoys painting, photography and is a musician."

ELI LYNCH



"I am an ISSA certified personal trainer and bodybuilding specialist. I will always do my very best to make a workout plan that allows you to achieve your goals. When you work out, you start feeling better about yourself and when you start feeling better about yourself, you start to excel in life. I try to ensure that all my clients are always happy and healthy."

DAVE MILLER



"Let's work together to improve your health and wellbeing. I will endeavor to instill a passion for fitness and good health, and help you reach your goals! Good health, through fitness is the ultimate wealth for a quality life!"

COLETON HAMMOND



"I'm here not only to help you learn and strive to achieve your goals, but also to make the gym a positive experience. Come join us and have a few laughs while working towards your goals!"

Visit playkettering.org/training
for more information
or scan the QR code



SCAN ME