

# PERSONAL TRAINERS

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."

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."

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."

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!"

PATTY SANTOIANNI



"I love working especially with 'mature' individuals to improve their functional fitness, quality of life and add healthy years to their lives! I enjoy tailoring each exercise program to the individual, based on their goals and abilities and, most of all, what they enjoy doing!"

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!"

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."

ALANNAH GERNON



"I can teach YOU what true fitness is, while encouraging YOU to make wellness and fitness an everyday priority that YOU can learn to enjoy which will allow YOU to live a fulfilling and healthy lifestyle. I constantly try to learn as much as I can & I have a diverse background which helps me adapt my programs for each of your needs. I will be as creative as I can to vary each workout so you get the most out of each day. I am an ACSM certified personal trainer and also have my CrossFit L1 certificate."

APRIL RICH



"I've been in fitness over 10 years ago. I have been through many different stages of health and fitness including competing in several physique competitions. I started training 3 years ago and have successfully helped others achieve their goals of health and wellness. I am certified as a Health and Wellness Coach by IIN & I am a certified PT by ISSA."

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."

HANNAH SAGASSER



"I believe that women especially need to feel empowered, strong, capable and worthy. I'm ready to uplift and motivate you! I was a member of the KRC and worked as a Fitness Specialist before becoming a personal trainer for the City of Kettering. I personally enjoy HITT, power lifting and cross training. I enjoy working on muscular endurance and strength building. I really enjoy spending time with my family as I am a mother of two and proudly married to a first responder. I've been working out for over 10 years. I have an upbeat and positive attitude. I've always been a fitness enthusiast, even more so after having children."



CITY OF KETTERING  
PARKS, RECREATION AND CULTURAL ARTS DEPARTMENT