



Angeline Carillo

Education & Certifications:

- Bachelor of Fine Arts, Dance Education
- State Board for Educators in Texas Dance Educator
- Yoga Certification with RYS Yoga Alliance
- Advanced Group Exercise Instructor Certification (FiTour and NASM)
- Primary Personal Training Certification (FiTour and AFAA)
- Certified National Water Fitness Instructor and Deep Water Fitness
- Basic Life Support (CPR), Basic First Aid, and Emergency Oxygen certifications with the American safety and health institute

Areas of Specialization:

- Flexibility and endurance
- Cardio/Group conditioning
- Senior and children's fitness
- Injury prevention



Lariesa H.

Education & Certifications:

- Bachelor of Science, University of Washington
- NASM Corrective Exercise Specialist
- ACE Personal Trainer
- ACE Group Fitness Instructor
- Balanced Body Comprehensive Pilates Instructor
- ACE Weight Management Consultant
- Barre Certified Instructor
- American Heart Assoc. CPR/AE

Areas of Specialization:

- Personal Training and Group Training
- Weight Management and Weight Loss
- Full Body Sculpting
- Injury Care and Muscle Balance
- Clients with Back Pain
- Healthy Cooking and Recipes



Lisa P.

Education & Certifications:

- NASM Certified Personal Trainer
- CPR and AED Certified
- Bachelor of Arts, Public Relations and Advertising

Areas of Specialization:

- Strength training and conditioning
- Endurance training
- Personal training and group training
- Circuit training



Tina O.

Education & Certifications:

- Bachelor of Science in Family and Consumer Sciences
- NASM Certified Personal Trainer
- AFAA Group Fitness Instructor
- Barre Above Instructor

Areas of Specialization:

- Specialization
- Group and Personal Training
- Strength Training
- Stretching and Recovery
- Running
- Indoor & outdoor cycling
- Obstacle Course Race Training
- Triathlon Training



Kari R.

Education & Certifications:

- ISSA Personal Trainer
- AFAA Group Exercise
- AFAA Mat Pilates
- Aqua
- AFAA Kickboxing
- Spin & G.E.A.R. Indoor CRX

Areas of Specialization:

- Fitness Plan
- Weight Loss
- Group Training
- Corrective/Preventive Training
- Increase Muscle Mass



Jessica G.

Education & Certifications:

- ACE Personal Training
- Barre
- TRX

Areas of Specialization:

- Group Exercise
- Flexibility
- Functional movement
- Barre
- Active Stretch
- Pilates
- Injury prevention



Melodie P.

Education & Certifications:

- Bachelor of Arts, Advertising University of Texas Arlington
- NASM Certified Personal Trainer
- AFAA Group Exercise instructor
- Barre Above Instructor
- Schwinn Cycle instructor
- AFAA Practical Pilates
- AFAA Practical Yoga Instructor

Areas of Specialization:

- Personal Training
- Group Fitness
- Weight Loss and Management
- Goal Setting and Execution
- Balance and Flexibility



Vanessa T.

Education & Certifications:

- Bachelor of Science, Interdisciplinary Studies from Texas State University
- AFAA Group Exercise
- AFAA Personal Training
- NASM Fitness Nutrition Specialist
- PRONatal Fitness Certified Trainer (pre and postnatal specialty)
- Pilates Certified
- LesMills Body Combat Certified
- TRX Suspension

Areas of Specialization:

- Group Training & One-on-One Training
- Nutrition/Weight Management Coaching
- Strength Training
- Circuit/Interval Training
- Pre/Postnatal Training
- Endurance/High-Intensity Training
- Running (distance, speed, and agility)
- Cycle/Spin



Johnny S.

Education & Certifications:

- ACE Certified Personal Trainer
- NCCPT Certified Personal Trainer
- U.S. Marine Corps Training
- CPR/AED Certified

Areas of Specialization:

- Strength and Power Training
- Athletic Performance Training
- Hypertrophy Training
- Sport Specific Training
- Teaching about Exercise and Training
- Teaching beginners!



Josh A.

Education & Certifications:

- Bachelor of Arts in Music, Texas State University
- NASM Certified Personal Trainer
- AFAA Group Fitness Instructor
- CPR/AED Certified

Areas of Specialization:

- Circuit Training
- Group Exercise Training
- Strength Training



Kaitlin L.

Education & Certifications:

- Bachelor's in Global affairs, intelligence and security studies
- FitTour Certified Personal Trainer
- Military Master Fitness Trainer

Areas of Specialization:

- Weight Loss
- Strength Building
- Bikini Bodybuilding
- Powerlifting
- Injury prevention
- Speed and Agility training
- Pre and postpartum training



Crystal Lobacz

Hablo Espanol

Education & Certifications:

- Fitour Certified Personal Trainer
- Fitour Certified Group Exercise Instructor
- American Red Cross CPR
- SCW Fitness Idol Winner

Areas of Specialization:

- Core Strength & Full-Body Training
- Cardio Endurance
- Form Alignment & Injury Prevention



Mary Fuchik

Hablo Espanol

Education & Certifications:

- Bachelor of Science, Occupational Education, Human Performance
- NASM/FiTour Certified Personal Trainer
- AFAA Certified G.E.A.R. Indoor Cycling
- NASM/FiTour Group Exercise Fitness Instructor
- NASM/FiTour Indoor Cycling
- Barre
- Advanced Mat Pilates
- Beachbody Insanity/P90x

Areas of Specialization:

- Functional Strengthening, Lengthening, Conditioning & Flexibility
- Personal and group training
- Indoor and outdoor Cycling
- Strength Training-Endurance & Interval
- Collegiate Cycling Instructor



Joel S.

Education & Certifications:

- Retired firefighter/EMT with 28 years in the fire service
- Graduate of Texas A&M University with a BS in Recreation, Parks & Tourism
- NASM Certified Trainer
- EMT

Areas of Specialization:

- Emphasis on body weight training
- Strength/cardio training