

# Meet our trainer: **Arlene Olla**



**Arlene is a National Academy of Sports Medicine (NASM) Certified Personal Trainer and works with a broad range of clients of all ages and fitness levels to help them achieve optimal physical fitness.**

**She specializes in senior citizens, and patients diagnosed with cancer, multiple sclerosis and Parkinson's disease. Using a focused strength, endurance and conditioning approach, Arlene collaborates with her clients to set physical and functional fitness goals, and inspires them to aim for – and achieve – the next level of their fitness training.**

**Interested?  
Scan Me!**



**Arlene has spent many years as a writer and editor in the health care field, focusing primarily on the pharmaceutical industry; she has also worked as an editor on a number of projects, including a book devoted to martial arts training and technique.**

# Meet our trainer: **Christina Cavanaugh**



**Interested?  
Scan Me!**



**Christina is a Nationally Certified Personal Trainer and a CrossFit Coach with more than 11 years of experience. She is also trained in the Art of Coaching Weightlifting, USAW.**

**Christina trains in all modalities from free weights, kettlebells, machines, and body weight. Her specialties are in cross-training and preparing the athlete for every day.**

**Christina says, “Everyday life challenges us to go places and do things we are not comfortable with, my goal is to prepare you never to give up.”**

# Meet our trainer: **Gia Petisco**



**Gia is a certified National Academy of Sports Medicine (NASM) personal trainer. She specializes in training those with cancer, Parkinson, multiple sclerosis, cardiac rehab.**

**Gia is also an Insanity Certified instructor. Her passion is strength training and working with her clients to prevent injuries.**

**Interested?  
Scan Me!**



# Meet our trainer: **Jeff Prunetti**



Jeff has been an AFAA certified personal fitness trainer for over 25+ years. He works with clients of all ages, genders, and fitness levels, helping them achieve their own personal fitness goals.

He also specializes in training those that are headed into the military and individuals with health challenges such as Obesity, Diabetes, Multiple Sclerosis, Parkinson's, Dementia, Cancer, and Blindness. "Never give up no matter what condition or illness you may be faced with."

**Interested?  
Scan Me!**



# Meet our trainer: **Pat Salinas**



Pat is an ACE-Certified Personal Trainer and ACE-Certified Group Fitness Instructor including Pilates and Spinning and has a passion for helping clients of all fitness levels achieve their goals. Pat understands the challenges posed by a sedentary lifestyle and the importance of integrating movement into daily routines. Pat's mission is to empower individuals to stay active, enhance their health, and discover the joy of diversified exercise.

**Interested?  
Scan Me!**



**Specialty: Personalized fitness plans, including functional and movement assessments, strength training, balance and core training, improving range of motion and enhancing overall quality of life. Let Pat inspire you on your path to a healthier you!**

# Meet our trainer: **Rich Carlson**



**Rich is a Certified Personal Trainer (National Academy of Sports Medicine), Strength Coach, and US Air Force Academy graduate.**

**He coaches all ages, from teens to senior adults, whether they are interested in sports performance, cardio fitness, strength, weight loss, or improved mobility and balance.**

**Interested?  
Scan Me!**

**He says, "My greatest reward as a trainer is seeing clients achieve and exceed their goals."**



**In addition to his work at the Hamilton Y, he is a Strength and Conditioning Coach at The Wilberforce School in Princeton, NJ.**

# Meet our trainer: **Suzanne Collins**



Suzanne is a NAFC Certified Personal Trainer & an ACE Certified Group Exercise Instructor. Masters in Student Personnel Services, Guidance & Counseling, Masters in Educational Leadership & Administration.

As an “INSPIRATIONAL KILLER” personal trainer, she assists people to obtain the drive and desire to reach their maximum physical potential.

Suzanne specializes in Weight loss, weight training, body weight exercises, conditioning, mobility, flexibility and core strength.

**Interested?  
Scan Me!**

