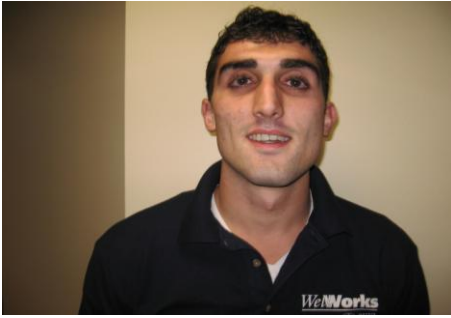


PERSONAL TRAINERS



SOM AFTABIZADEH

I am currently enrolled in the exercise physiology undergraduate program here at Ohio University. I plan on attending graduate school and pursuing a career in physical therapy. Furthermore, I am a competing boxer and kick boxer in the amateur circuit and have competed and placed in various tournaments including the Arnold Classic, Ohio State Fair, and National Kickboxing championships. I love exercise and would like to help you get started with a fun and exciting exercise program. Whether you're wanting a basic routine, a tune up to your old workout, or even a kickboxing aerobics class, I would love to help you out.



BEAU BLANKENSHIP

I am a student athlete at Ohio University studying Communications with a related area in Health Studies and Marketing. I am an active member of the Ohio football team. Through many years of football training I have gained valuable experience and knowledge with weight and agility training. I have also trained with numerous NFL athletes at Evo-Sports in Phoenix, Arizona, focusing on plyometric movements and rapid movement strength training. I have also trained and competed in Olympic style weight lifting, placing second in the nation in 2009. I can relate to clients who are trying to achieve their personal goals, and will work hard to help them realize these goals to improve their overall health and wellness.



CHIP DETTY

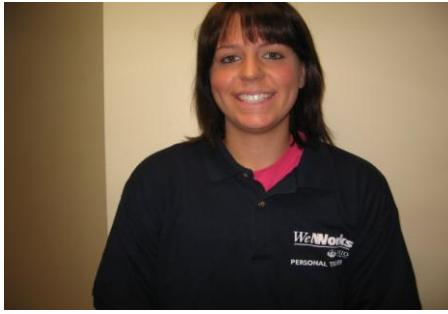
I have an Associate's degree in Fitness Management from Hocking College and am currently studying Exercise Physiology at Ohio University. I am a Certified Personal Trainer through the National Strength and Conditioning Association and have been a personal trainer for two years. I have been physically active from youth through high school, playing baseball, basketball and football. I personally enjoy workouts that are designed for overall functional fitness through circuit training using primarily body weight exercises, medicine ball exercises and stability ball exercises. I have worked with a variety of clients of all ages and capabilities and am confident that I can design routines for clients at any fitness level and any variety of goals. Whether you are seeking a trainer to help you lose weight, better your health, train for a sport, or anything in between; I am able to create fun workouts with much variety and you will be able to take what you learn with you and apply it in or out of the gym. I love to see my clients progress and continue to reach



MICHAEL FENNELL

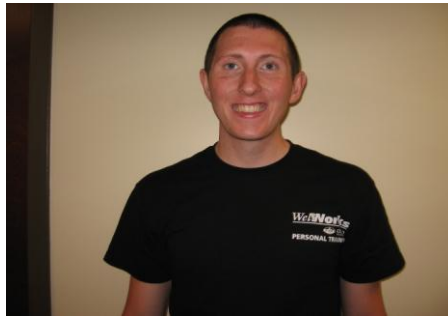
I am currently majoring in Exercise Physiology. For the past 8 years, I have dedicated my life to being regularly physically active, learning about different types of aerobic and resistance training, and learning how to improve one's overall physical fitness. In high school I was a 5 year varsity starter on my high school's wrestling team (competed on varsity as an eighth grader). I also was a three year member of the Ohio University Wrestling Team. Fall of 2010 I received my Personal Trainer certification through the American College of Sports Medicine (ACSM), and with my certification I am confident in my ability to design a training program that will help the individual reach their specific goals. For those who are getting started on a training program for the first time, I know how hard it could be to make lifestyle changes in order to fit exercise into your daily routine. If you are willing to make sacrifices, work hard, and make the commitment then together we will be successful.

PERSONAL TRAINERS



KATHERINE FORTUNA

I am currently a second year student in the Ohio University School of Physical Therapy. I attended undergrad at OU and received my Bachelors in Exercise Science. Working in the field of sports and rehabilitation inspired me to become a certified personal trainer during the summer of 2011. I believe my education of muscle physiology and joints mechanics, as well as clinical experience in the outpatient orthopedic setting will help me create a workout program specific to meeting your goals.



IAN KLEIN

I am a Senior studying Exercise Physiology at Ohio University. I am an active member of the Ohio Cross Country, Track and Field teams and the Ohio Running Club. Being an active runner and part of a collegiate athletic program has provided me with experience in many exercise programs; including distance running, biking, resistance training/weight lifting, CORE/abdominal exercises, and injury prevention skills. My ultimate goal as a Personal Trainer is to design an exercise program that fits your goals and interests. I will work hard to allow you to exceed these goals and expectations while bettering your health and wellness!



ALYSSA LAPIDUS

I am currently in the exercise physiology undergraduate program at Ohio University and plan on attending graduate school for physical therapy. In 2009, I received a personal trainer certification through the American Council of Exercise. I have 10 years of experience in competitive athletics--mainly in swimming, cross country, and pole vaulting. I have also been a swim instructor and life guard for many years. From facing injuries and surgery, I can put myself in the shoes of the clients, no matter what their situation. I enjoy working with people of all ages and fitness levels. Your goals are my goals!