

MEET THE SRC TRAINERS

Angelina

Angelina is passionate about discovering how much confidence and joy there is to be gained through a healthy, disciplined approach to exercising regularly. Her ultimate goal is to help others achieve their own personal goals.

Certifications: B.S. Exercise Science, NASM Certified Personal Trainer

Specialties: Strength Training, Muscular Development, Injury Prevention, Distance Running



Austin

Fitness has always been a part of Austin's life, and he's excited about pushing others towards success. Austin has a background in strength training, CrossFit, and running his own training.

Certifications: NASM - Certified Personal Trainer

Specialties: Strength Training, Muscular Development, HIIT Workouts, Calisthenics, Powerlifting & Olympic Weight Lifting



Jenny

Jenny is passionate about teaching clients to feel comfortable and confident in the gym while gaining strength and building lean muscle.

Certifications: NASM Certified Personal Trainer, NASM Certified in Physique & Bodybuilding, Certified TRX Suspension Training

Specialties: Physique & Bodybuilding, Muscular Development, Weight Loss



Jessica

Jessica is passionate about helping clients develop a healthy and active lifestyle. Her goal is to teach and encourage mobility and flexibility training.

Certifications: NASM - Certified Personal Trainer

Specialties: Muscular Development, Injury Prevention, Weight Loss, and Flexibility & Mobility



Gracie

Gracie is a collegiate cheerleading national champion and experienced in strength and plyometric training. She is passionate about developing activity specific programs and making fitness accessible and fun for everyone.

Certifications: NASM Certified Personal Trainer

Specialties: Strength Training, Muscular Development, Injury Prevention, and Plyometric Training



Brendan

Brendan has a background in resistance training, and is passionate about helping his clients feel better about their bodies through working towards their movement and strength training goals.

Certifications: NSCA - Certified Personal Trainer

Specialties: Athletic Performance, Injury Prevention, Strength Training, Muscular Development, and Muscular Endurance

