

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

Jonah



Jonah is a dedicated trainer who specializes in muscle building through strength training. He has a background in athletic performance, powerlifting, and competitive bodybuilding. He is passionate about exercise and would love to be a part of your fitness journey.

Certifications: NASM - Certified Personal Trainer

Specialties: Athletic Performance, Bodybuilding, and Powerlifting

Micah



Micah is a certified strength and conditioning specialist with experience with collegiate level athletes. His training is rooted in evidence-based principles, focused on helping clients move better, build strength, and reach their goals safely and efficiently.

Certifications: NSCA - CSCS

Specialties: Athletic Performance, Injury Prevention, and Strength Training

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