

# MEET THE SRC TRAINERS



## AMANDA

Amanda is an ACE certified person trainer with a range of specialties in sports performance as well as senior fitness. She is an outdoor enthusiast who spends her time as an avid cyclist, runner and climber. She is dedicated to functional fitness programming. She has experience with kettlebell and Olympic weightlifting, as well as endurance training.

**Education.**  
Ph.D. Candidate  
German Literature  
and Culture.

**Certifications.**  
ACE —  
Certified  
Personal Trainer

**Specialties.**  
Weightlifting,  
Strength Training,  
Functional Fitness,  
Senior Fitness

## ANGELINA

Angelina has multiple years of experience in endurance activities such as cross country and track. Over the years, she has gained an increasing passion for strength training, discovering how much confidence and joy there is to be gained through a healthy, disciplined approach to exercising regularly. She has learned that the keys to success are mastering the fundamentals of movement patterns, paired with consistency and enjoyment. Her ultimate goal is to help others achieve their own personal goals and develop a healthy and balanced relationship with exercise while gaining a new social outlet and having fun.

**Education.**  
B.S.  
Exercise Science

**Certifications.**  
NASM  
Certified  
Personal Trainer

**Specialties.**  
Strength Training,  
Muscular Development,  
Injury Prevention,  
Distance Running



## JENNY

My passion is for teaching clients to feel comfortable and confident in the gym while gaining strength and building lean muscle. My goal is to encourage you to approach exercise with a mindset of love for your body while challenging yourself mentally and physically. I would love to guide you towards creating a body you feel proud of and feel good in. When it comes to my own training, my goals are rooted in bodybuilding. I have enjoyed competing in the past and hope to do so again in the future.

**Education.**  
B.S.  
Business  
Administration

**Certifications.**  
NASM — Personal Trainer  
NASM — Physique &  
Bodybuilding  
TRX Suspension Training

**Specialties.**  
Physique & Bodybuilding,  
Muscle Development,  
Weight Loss

## JESSICA

My passion is for teaching clients to feel comfortable and confident in the gym while gaining strength and building lean muscle. My goal is to encourage you to approach exercise with a mindset of love for your body while challenging yourself mentally and physically. I would love to guide you towards creating a body you feel proud of and feel good in. When it comes to my own training, my goals are rooted in bodybuilding. I have enjoyed competing in the past and hope to do so again in the future.

**Education.**  
B.S.  
Exercise Science  
Pre-Physical Therapy

**Certifications.**  
NASM  
Certified  
Personal Trainer

**Specialties.**  
Muscular Development,  
Injury Prevention,  
Weight Loss,  
Flexibility & Mobility

