

# 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 and develop a healthy and balanced relationship with exercise while gaining a new social outlet and having fun.

**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. He is a member of the Idaho National Guard.

**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.

Jenny's goal is to encourage you to approach exercise with a mindset of love for your body while challenging yourself mentally and physically. When it comes to my own training, my goals are rooted in bodybuilding.

**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, overall aiming towards using these fundamentals to teach proper technique while weightlifting.

**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 a background in competitive basketball and 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