



LOURDES PEREZ

- ❖ **Bachelors Degree in Human Resource Management**
- ❖ **Pursing Masters Degree in Exercise Science**

Certifications: AFAA Personal Training, Yoga, Group Exercise, Mat Pilates & Johnny G Spinning, **Certified through the American College of Sports Medicine.**

❖ 9 years as a Group Exercise Fitness Instructor and 7 years as NSU Personal Trainer

Fitness style: Cross training

Specialty: Full body resistance workouts with cardio/Body Sculpt & Spin

Personality: Nurturing, kind and motivating

Exercise you found results from doing:
Full body workout with weights/bands/body weight and cardio intervals

Exercise you have to push yourself to do:
Using the resistance machines for any exercise

Favorite Quote:
"Bloom where you are planted"
Mary Engelbreit



CHRISTOPHER GARCIA

- ❖ **Bachelors Degree in English and International Studies**
- ❖ **Pursing Masters Degree in Marriage and Family Therapy**

Certifications: CrossFit Level 1 Certified Trainer, American College of Sports Medicine (ACSM) certified

Fitness style: Constantly varied, high intensity functional training

Specialty: I emphasize mobility, nutrition, and try to teach/utilize all training styles especially high intensity work, kettlebells, bodyweight/gymnastics work, power lifting and Olympic lifts.

Personality: Laid back, encouraging, hard working, sarcastic and philosophical; I choose to lead by example.

Exercise you found results from doing: Hill Sprints, Crossfit, Gymnastics and Powerlifting

Exercise you have to push yourself to do: Swimming



Ben Williams

- ❖ **Bachelors Degree in Exercise and Sport Science**
- ❖ **Pursing Masters Degree in Occupational Therapy**

Certifications: American College of Sports Medicine Personal Trainer

Fitness style: A mix of Powerlifting and High Intensity Training principles

Specialty: Breaking down plateaus

Personality: Bold and Tenacious

Exercise you found results from doing: Squat, Bench, deadlift.

Exercise you have to push yourself to do: Running



Michael Garcia

Certifications: Crossfit level 1
American college of sports
medicine (ACSM) certified
personal trainer

Fitness style: Constantly varied
functional movement executed @ high-
intensity

Specialty: Strength training, Olympic
lifting, General physical preparedness.

Personality: Laid-back, informative,
high expectation of my clients

Exercise you found results from doing:
Cleans & Deadlifts

**Exercise you have to push yourself to
do:**
Hill Sprints