

LOURDES PEREZ

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

<u>Certifications</u>: 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:

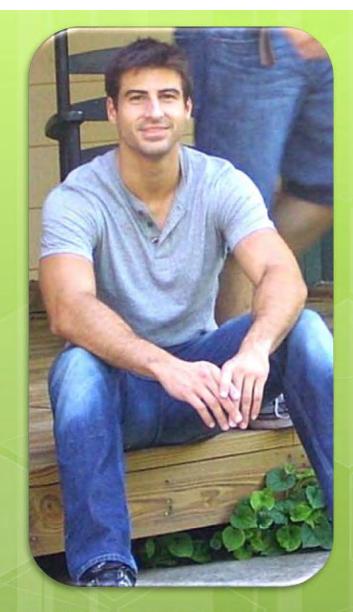
Full body workout with weights/bands/body weight and cardio intervals

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

<u>Certifications</u>: 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



Bachelors Degree in Exercise and Sport Science
Pursing Masters Degree in Occupational Therapy

<u>Certifications</u>: American College of Sports Medicine Personal Trainer

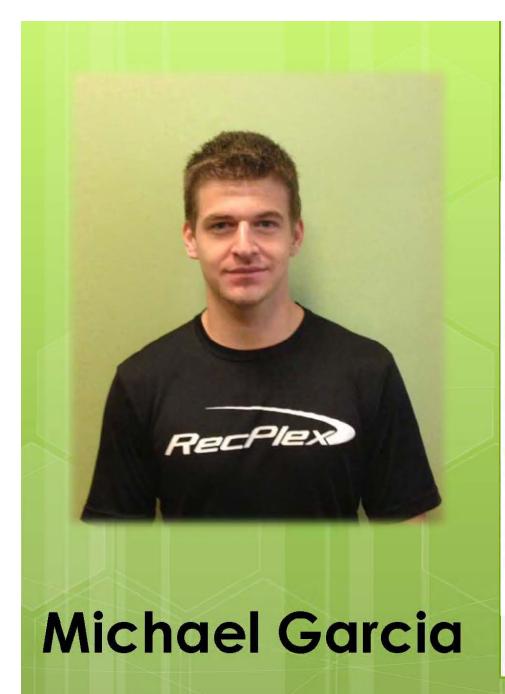
Fitness style: A mix of Powerlifting and High Intensity Training principles

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



<u>Certifications</u>: 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