



Name:

Joe Bernreuter

Education and Certification:

Bachelors in Exercise Science from F.S.U. Certified from the National Academy of Sports Medicine. Currently pursuing a Doctrin in Physical Therapy at F.I. U.

What inspires you most?

Seeing my clients reach their goals.

What's your fitness Motto?

Work your Mind, Body and Soul.

Quote of Choice:

“There's no elevator to success, you have to take the stairs.”



Name:

Lamaar Evans

Education and Certification:

Bachelors in Business with a Minor in Psychology from Nova Southeastern University. Certified Fitness Trainer from the International Sports Science Association. Also, certified in Muscle Mastery and Performance Nutrition.

What inspires you most?

People with open minds and the will to change for the better.

What's your fitness Motto?

Fitness – It's more than just the Physical.

Quote of Choice:

“Strength Equals Power.”



Name:

Laura Fried

Education and Certification:

Certified Personal Trainer from NCSF, National Council on Strength and Fitness. Also, certified in Pilates and Yoga through AFAA, the Aerobics Fitness Association of America.

What inspires you most?

My clients inspire me – their determination to reach their goals, their drive to overcome obstacles, and willingness to succeed in the face of adversity. This is what motivates me to do my job.

What's your fitness Motto?

The right fitness routine incorporates more than the body – releasing stress, strengthening the mind, and making time for fun all contribute to a healthy, balanced lifestyle!

Quote of Choice:

"Physical fitness is the first requisite of happiness". – Joseph Pilates



Name:

Tara Jones

Education and Certification:

Bachelors in Kinesiology and currently a Student of Occupational Therapy (MOT). I am a Certified Personal Trainer from ACE, the American Council on Exercise and a LeMond Certified spin instructor.

What inspires you most?

Challenges that lead to success and happiness.

What's your fitness Motto?

To be healthy is a process not just an outcome.



Name:

Aracelly Latino

Education and Certification:

Bachelors in Exercise Science from F.S.U. with a Master's degree in Physical Therapy from F.I.U. I am a Licensed Physical Therapist. Also, Certified from AFAA, the Aerobics and Fitness Association of America as a Group Exercise Instructor and Spin Instructor certified from Jonny G's SPIN.

What inspires you most?

Helping people reach their goals.

What's your fitness Motto?

It's not temporary it's a lifestyle commitment.

Quote of Choice:

"Live to give and choose to be happy."



Name:

Jay Lawrence

Education and Certification:

Bachelors in Exercise Science from F.S.U. Certified from the National Federation of Professional Trainers.

What inspires you most?

Helping others to reach their personal goals.

What's your fitness Motto?

Learn to use the muscle being worked.

Quote of Choice:

“Some people dream of success, while others wake up and work hard at other.”



Name:

Matt McMillin

Education and Certification:

Bachelors in Exercise Science with an emphasis in Fitness and Nutrition. Certified Fitness Trainer and Strength / Conditioning Specialist from the NSCA.

What inspires you most?

Motivating people with the influence of my own lifestyle and helping them reach their optimal potential.

What's your fitness Motto?

I can't ask anyone to do anything that I'm not willing to do myself.

Quote of Choice:

"Love yourself but never be satisfied with who you are. Stay in a state of constant self improvement."



Name:

Spring Neal

Education and Certification:

Bachelors in Science and a Masters in Exercise Physiology / Health Promotion. Certified in Yoga, Full Pilates i.e. Mat, Reformer, Chair & Barrel, Step, High-Low, Kickboxing, Spinning, Body Sculpt, Gravity and all forms of Group Exercise formats under AFAA, the Aerobics and Fitness Association of America.

What inspires you most?

My Clients...Seeing them improve and reach their goals. I love my job and enjoy the relationships I share with each person that enters the doors of this facility.

What's your fitness Motto?

Your persistence and hard work will show not only on the outside, your physical body, but will be present in your mind and soul. This is a mind, body experience, make the connection and change your life forever.

Quote of Choice:

"The harder the conflict the more glorious the triumph."



Name:

Lourdes A. Perez (never been married, no kids!)

Education and Certification:

Bachelors Degree in Human Resources Management. Years of Teaching Experience: 4 years (Broward County Schools Adult Technical instructor). 3 years of fitness instruction: Certifications in Johnny G SPIN, Mat Pilates, AFAA YOGA, Group Exercise and Certified Personal Trainer through AFAA.

What inspires you most?

Watching people succeed in their goals!

What's your fitness Motto?

You can change your body!

Quote of Choice:

"bloom where you are planted"