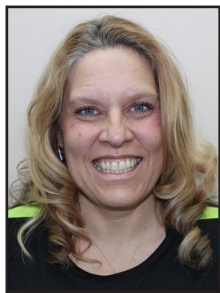


# Personal Trainers at Foothills Park & Recreation District

(listed alphabetically)



**Laura Adams**

**Certifications**

- Certified Personal Trainer, ACE
- Certified Group Fitness Instructor, ACE
- Certified N'Balance Instructor, COAW
- SilverSneakers® Certified Instructor (Classic, Cardio Fit)
- Pilates Mat 1 & 11 Certified
- Certified Reformer Instructor, Polestar

**Education**

- Bachelor of Science in Kinesiology

**Specialties**

- Pilates- Reformer/Trap/ Chair
- Mat Pilates
- Work with MS, Parkinson & Cancer clients
- Balance Training
- Post Physical Therapy

**Hobbies**

- Hiking
- Biking
- Traveling

**My Motto**

"Enjoy every moment!"

**A Bit About Me**

I have been working in the Fitness/Wellness field for almost 30 years and teaching Pilates for 15+ years. I just can't seem to get enough. I want to pass on the importance of an active lifestyle to my kids, family and friends. It is a great feeling helping others discover how staying active can improve our lives.



**Michelle Baum**

**Certifications**

- Certified Personal Trainer, ACE
- Certified Pre/Post Natal Exercise, NM Sports & Wellness
- Certified Water Personal Trainer, NM Sports & Wellness
- XT Training, NM Sports & Wellness
- Fitness Nutrition Specialist, ACE

**Education**

- Bachelor in Nutrition

**Specialties**

- Pre/Post Natal Exercise
- Water Resisted Training
- All Sports Coaching
- Triathlon Training

**Hobbies**

- Working out
- Hanging out with my kids and friends
- Traveling
- Watching & playing sports

**A Bit About Me**

I have been personal training for over 18 years and I hold a B.S. in Nutrition from the University of New Mexico (go Lobos!). My background also includes having been a collegiate and international swimmer. I enjoy competing in triathlons and half-marathons and love coaching others on all levels.



**Matthew Martinez**

**Certifications**

- Certified Personal Trainer, ACSM

**Education**

- Bachelor of Science in Human Performance and Sports

**Specialties**

- Strength Training & Conditioning
- Weight Loss & Body Composition Changes
- Functional & Body Weight Training
- Sports Performance

**Hobbies**

- Hiking
- Camping
- Skiing
- Snowboarding
- Fitness
- Cooking

**My Motto**

"No human has the right to be an amateur in the matter of physical training. It is a shame for a human to grow old without seeing the beauty and strength of which his body is capable."

**A Bit About Me**

I've been an athlete my entire life, but I found my passion for fitness and exercise through my own experiences, struggling with my weight and body image. Exercise and nutrition helped me gain the tools I needed to not only lead a healthy and active life, but also to live life fully and enjoy every minute of it. I believe with exercise and nutrition, you can truly heal your body, soul and mind; and give yourself the health and freedom to truly enjoy your life. I love teaching people proper strength training principles, how to eat healthily, and how to use that strength in their life and sport.



**Michelle Matuszynski**

**Certifications**

- Certified Group Fitness Instructor, ACSM
- Certified Personal Trainer, FITOUR
- SilverSneakers® Certified Instructor (Classic)

**Education**

- Bachelor's in Behavioral Science

**Specialties**

- Senior fitness
- Circuit training
- Core training
- High Intensity Interval Training (HIIT)
- Strength training

**Hobbies**

- Hiking
- Running
- Paddle boarding
- Jump rope

**My Motto**

"Every new day is an opportunity to become stronger, healthier and wiser."

**A Bit About Me**

I have always enjoyed all types of fitness. I have been in education for the past 20 years and enjoy learning and educating all individuals. As a family, my husband, I and our 3 girls have competed at the National and World levels in competitive jump rope. I am excited to be part of the Foothills team to promote health and fitness!



**Omar Ortiz**

**Certifications**

- Certified Personal Trainer, NASM
- Performance Enhancement Specialist, NASM

**Education**

- Bachelor in Wellness & Recreation

**Specialties**

- Strength & Conditioning
- Sports Specific Training
- Weight Loss

**Hobbies**

- The Gym
- Playing Sports
- Camping
- Cooking

**My Motto**

"Don't just set goals – exceed them!"

**A Bit About Me**

I am and have been an athlete for 19 years and have competed on high school, college and semi-pro stages. I have a strong passion for fitness and believe that everyone should exercise in some way or another. Let me motivate you to reach that fitness goal that you have always talked about.



**Kimberly Spallone**

**Certifications**

- Certified Personal Trainer, ISSA
- Fitness Nutrition Specialist, ISSA
- Exercise Therapy Specialist, ISSA
- Corrective Exercise, ISSA

**Education**

- Bachelor's Degree Hospitality

**Specialties**

- Nutrition
- Strength Training & Conditioning

**Hobbies**

- Weight Lifting
- Swimming
- Cooking
- Hiking

**A Bit About Me**

My interest in fitness and health began at home as a kid – my parents were always interested in eating healthy fresh foods and exercising daily. My interest grew when I began working for gyms throughout college. I decided at that point to include health and fitness in my career. After college, I began working in a local health food store in the supplement department. I found that I really enjoyed it! After 8 years working in supplements, I decided to also follow my other passion and started a new career as a Personal Trainer. Now I can share my enthusiasm about fitness, supplements and healthy eating.



**Elizabeth Vlad**

**Certifications**

- Certified Strength & Conditioning, NSCA
- Health & Fitness Instructor, ACSM
- Maddog Certified Spinning Instructor
- TPI Level-3 Fitness Professional

**Education**

- Kinesiology & Sports Medicine, BS

**Specialties**

- Golf Specific Strength & Conditioning
- Adult & Youth Sport Programs
- Senior Strength & Cardio programs
- Indoor Cycling Programs
- Olympic Weight Training

**Hobbies**

- Hiking
- Cycling
- Swimming
- Skiing

**My Motto**

"Obstacles are those frightening things that become visible when we take our eyes off our goals." Henry Ford

**A Bit About Me**

My husband and I have recently relocated to this area from Ohio. I really enjoyed a long career at Youngstown State University (YSU) where I was Strength & Conditioning Coach for Golf, Soccer, Swimming, Track and Tennis. I also taught classes at YSU in the Kinesiology and Sports Medicine Department. I look forward to continuing my career at Foothills Park & Recreation District as a Personal Trainer.



**Christine Wright**

**Certifications**

- Certified Personal Trainer, ACE
- SilverSneakers® Certified Instructor (Classic, Boom)

**Education**

- Bachelor's Degree Fine Arts

**Specialties**

- Strength & Conditioning
- Functional Training
- Core Training
- Weight Loss

**Hobbies**

- Running
- Snowboarding
- Skiing
- Cycling
- Hiking
- Spending time with friends & family
- Watching sporting events

**My Motto**

*"Nothing is out of reach. With hard work, we can achieve anything!"*

**A Bit About Me**

I have been active my entire life and participated in many different sports as a child. As an adult, I have realized the importance of staying fit and continue to find fun ways of staying active. I have always had a passion for health and fitness and I love to share this with others. Whether you are just starting your fitness journey, or you are looking to improve your current routine, I can help you grow. I believe that everyone is capable of finding their personal best with hard work and perseverance. Let me help you reach your personal best!



**Geri Young**

**Certifications**

- Certified Personal Trainer, AFAA
- Pilates Mat Certified, Donna McLean Studio
- Certified Reformer Instructor, Polestar
- Certified N'Balance Instructor, COAW
- Cancer Fitness Institute Certified
- RIP Training Certified
- Parkinson Wellness Recovery Instructor, PWR
- Senior Fitness Specialist

**Education**

- Masters in Exercise Physiology

**Specialties**

- Senior Fitness
- Pilates Training
- Core Training
- Balance Training

**Hobbies**

- Hiking
- Running
- Biking
- Snowshoeing
- My Animals

**My Motto**

*"The best way to insure having exercise in your life is to make it fun and enjoyable for yourself."*

**A Bit About Me**

Since I have been teaching Pilates, it has helped me be a better trainer. I can incorporate weight training with core training to see better results, make the workouts more efficient and decrease injury.