Personal Training

One of our nationally certified personal trainers will design a specialized program and work one on one with you in order to help you attain your personal goals. First, you will need to schedule an initial consultation. The consultation consists of a meeting in which we will establish your fitness goals, and run you through a series of assessments (wear workout clothes). Before your first “hands on” training session your personal trainer will use the information acquired during the initial consultation to design a program to help you meet your goals. The number of training sessions you purchase is dependent upon your wants and needs. Individual trainer information and fees can be found below. Please directly contact the trainer that you think will be the best fit for your needs to set up an appointment (contact and basic trainer information can be found below). General information can be obtained by contacting the Operations Manager, Andrew Falk at 745-6262.

Try Group Fitness Training

Group fitness training is a great way to get professional advice and guidance at a fraction of the cost of one-on-one personal training. There are several options for those wishing to get involved in group personal training:

- Find a friend or group of friends and contact the trainer whose background and experience is the best match for your group.
- If you don’t have a partner or group then contact a trainer to find out if they have anyone on a waiting list or anyone who would be interested in transitioning from individual to group training.
- Contact a trainer and sign up for one of the many group fitness course offerings that the trainers will post on the fitness news board and online.

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<thead>
<tr>
<th>Expert Trainer</th>
<th>Elite Trainer</th>
<th>Master Trainer</th>
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<tbody>
<tr>
<td>Expert Trainers have a nationally recognized personal training certification and are a great choice if you are looking to get back into shape.</td>
<td>Elite Trainers have a minimum of 2 years experience training, have at least two nationally recognized certifications and have completed higher education in the form of an Associates or Bachelors Degree.</td>
<td>Master Trainers are our most experienced trainers. They hold a minimum of three nationally recognized certifications and have been training for no less than five years. They have also completed higher education in the form of an Associates or Bachelors Degree.</td>
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Beth Palmisano  
Phone: 513-813-6840  
Email: HHealth.b@gmail.com

Elite Trainer

Experience:  
1 year personal training

Education / Certification:  
- Associates Degree in Dietetic Sciences  
- ISSA Certified Personal Trainer  
- Dietary Manager Certification  
- TRX Functional Training Certified

Training Philosophy:  
Your body is an investment in your future, not an expense, and my goal is to help you invest as much as you can both inside and out of the gym. As a Personal Trainer and Dietetic Technician it is my passion to guide others to achieve their everyday and future goals through fitness as well as nutrition. I strive to create excellence in balance, mobility, functional and nutritional health. My fitness and nutrition programs are both personalized and fun, yet also challenging and rewarding. It is never too late or too early to work towards becoming the healthiest you. Together we can create a plan to develop a well-rounded healthy lifestyle through fitness and nutrition to help you achieve and surpass your personal health goals. Hustle for your health!

Personal Interests:  
I love spending time outdoors with my family backpacking, fishing and kayaking. I spend as much time as I can outside from spring to fall doing anything and everything physically active! I love creating training regimens utilizing our own body weight and what we can find out in the wilderness. I enjoy playing baseball and attending as many Reds games as possible. I spend a lot of time in the kitchen experimenting with recipes and challenging my cooking abilities and knowledge. Above all I love spending time together with my son, Braden, being an absolute goof-ball!

Come See Me in Action….  
Beth teaches Sports Conditioning on Monday’s at 6:00pm and Cardio Core on Wednesdays at 9:00am. Your first class is free, so come see her in action to get a sneak peak of what to expect when working with Beth!

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Ivy Teague
Phone: 678-319-5627
Email: ivyfitnessenvisages@gmail.com

Elite Trainer
Experience:
1 year personal training

Education / Certification:
- Atlanta School of Massage (PT Program)
- NASM, Certified Personal Trainer
- Silver Sneakers Certified Instructor

Training Philosophy:
If you can make time for your wants, you can make time for your needs. Let’s start with your health! I believe that outside influences play a role in shaping our values and character, I want to be one of those influences! My mission is to go beyond providing knowledge and instruction about exercise and how it can improve your life. I’m here to get personal and help you succeed physically, mentally and emotionally – gaining strength inside and out. Together, we will set goals that are challenging and overcome obstacles that hold you back. I believe that you can do more than you think you can and I want to help you do it.

Personal Interests:
I’ve always had a passion for helping others and wanted to be a counselor until I met fitness, which inspired me and gave me a new direction. I decided to combine both for maximum success. Also, I love nature and connecting with my spiritual side to train and soothe my mind. I’m adventurous and curious so I’m always looking for new ideas and hobbies to try!

Come See Me in Action….
Ivy teaches Sports Conditioning on Tuesdays and Thursdays at 6:15am. Your first class is free, so come see her in action to get a sneak peak of what to expect when working with Beth!
Beth teaches Sports Conditioning on Monday’s at 6:00pm and Cardio Core on Wednesdays at 9:00am. Your first class is free, so come see her in action to get a sneak peak of what to expect when working with Ivy!

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Sam Brune  
**Phone:** 513-609-8796  
**Email:** brunesam@gmail.com

**Master Trainer**

**Experience:**
- 2 year personal training, 2 years Kinesiology lab experiments

**Education / Certification:**
- Bachelors Degree in Health Sciences from the University of Cincinnati  
- Masters Degree in Health Promotion and Education  
- ACSM Certified Personal Trainer  
- TRX Sports Medicine Suspension Training Course Certified  
- TRX RIP Trainer Group Certified

**Training Philosophy:**
- Being healthy and active is not just a phase someone goes through, it is a complete lifestyle change. As a trainer and fitness professional it is my mission to educate, inspire, motivate, and support you on your path to change and maintain your lifestyle. As your trainer I can help you establish realistic, attainable goals as well as act as a resource in order to optimize your results and exercise experience. Consistency, balance, variety, safety, and fun are all incorporated into my exercise programs. My programs stem from a foundation in specific sport training, functional fitness, and rehabilitation. I will help you learn to enjoy exercise and hopefully include it in your new lifestyle.

**Personal Interests:**
- I really enjoy sports and competition. Soccer is my main sport, but I also enjoy playing a multitude of other sports. When I’m not playing sports I’m usually training for them. I also love fishing, hunting, boating, camping, and the outdoors in general. I’m usually very active, but I do enjoy movies, music, cooking, and reading as well!

**Come See Me in Action….**
- Sam teaches Cardio Core on Monday’s at noon, Circuit Training on Tuesdays at 5:45pm and Just Fit on Wednesdays at 11:15am. Your first class is free, so come see him in action to get a sneak peak of what to expect when working with Sam!

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Maggie Smith  
Phone: 513-317-5140  
Email: maggiesmithtraining@gmail.com

Master Trainer

Experience: 
5 years of personal training and 5 1/2 years of instructing fitness classes

Education / Certification:
- Bachelors Degree in Exercise Science from Northern Kentucky University
- ACE Certified Personal Trainer
- TRX Group Suspension Training Course Certified
- TRX Sports Medicine Suspension Training Course Certified
- KFIT USA Level 1 Certified Instructor (Kettlebell)
- Sports/Nutrition Workshop
- TRX RIP Trainer Group Certified
- TRX Functional Training Certified

Training Philosophy:
Goals. My goal for you is to help you move better and feel stronger. That means having your whole body work together, not just one specific part. I want to help you make daily living a little easier. And also, I want to help you achieve your personal goals through consistency and a manageable progression. I want to help you get there, but you are the one who has to do the work. Write down your goals where you can see them everyday, and then ask yourself what you will do today to get to where you need to be.

Personal Interests:
Racing (IndyCar Series, Formula One and MotoGP) is a huge passion of mine and something I will enjoy for the rest of my life. I enjoy spending my summer weekends on the track of Mid-Ohio and IMS. I love to ride my road bike on the trails, take yoga classes and do an occasional run. Spending time with my family and friends is very important to me and I love when we can all travel together. Cooking is something I love to do, my mom and I are always making Sunday Menu’s for our family, and I love to plan healthy meals for my week and try out new recipes.

Come See Me in Action…. 
Maggie teaches Circuit Training on Tuesdays and Thursdays at noon and Sports Conditioning on Tuesday mornings at 6:15am. Your first class is free, so come see her in action to get a sneak peek of what to expect when working with Maggie!

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Rod Stidham  
Phone: 513-205-1525  
Email: RodStidham@gmail.com

Master Trainer

Experience:
5 years Personal Training, 1 year of laboratory/experimental training at University of Cincinnati in Exercise Physiology, Kinesiology, and Human Biomechanics

Education / Certification:
- Associates Degree in Exercise Science from the University of Cincinnati
- Bachelors Degree in Exercise Science from Concordia University St. Paul
- American Council on Exercise Certified Personal Trainer
- ACE Orthopedic Exercise Specialist
- CSCS - Certified Strength & Conditioning Specialist
- Ignition Speed Training Certified

Training Philosophy:
There are really only two requirements when it comes to exercise. One is that you do it. The other is that you continue to do it. My job is to provide an experience that not only stimulates the clients, but also produces desirable results. My clients can expect a quality education along with a variety of exercises designed to both challenge and progress. My mission is to ensure not only that my clients continue to move forward, but also that they do so with the proper knowledge and tools needed to live a healthy lifestyle.

Personal Interests:
I love to be active, whether playing sports, running, biking, traveling or at the gym training. My world is a playground and I love to enjoy it with my family and friends. I am also a fan of educational TV, Disney World, reading a good book at Starbucks, game nights, Dave Matthews Band, and the Florida Gators!

Come See Me in Action....
Rod teaches Cardio Core on Wednesday’s at 12:00pm and Friday at 9am. Come see him in action to get a sneak peek of what to expect when working with Rod!

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Kim Warner  
Phone: 513-300-5610  
Email: livesmartfitness@gmail.com

Master Trainer

Experience:  
5 years Personal Training, 2 years as a Adjunct Instructor in the Personal Fitness Trainer Program

Education / Certification:
- Bachelor of Arts - Organizational Leadership
- American College of Sports Medicine (ACSM), certified Personal Trainer
- TRX Group Suspension Training Course Certified
- National Sports and Conditioning Association (NSCA) Certified Personal Trainer

Training Philosophy:
To partner with an individual to educate, challenge and motivate toward reaching health and fitness goals. Expect a challenging program that includes nutrition coaching, goal setting and accountability. Together, we implement small, significant changes that allow us to experience success which motivates us to achieve the next level toward our goals. I believe that a comprehensive, progressive program coupled with accountability and consistency are critical to success are the foundation to my approach.

Personal Interests:  
I have a passion for making fitness fun and spending time in nature so I put those together as often as possible! I love to read, travel, ski, hike and go whitewater rafting. There is plenty left on my bucket list to check off and I’m always looking for more to add!

Come See Me in Action....  
Kim teaches Just Fit on Friday at 11:15 and Cardio Core on Fridays at noon. Your first class is free, so come see her in action to get a sneak peek of what to expect when working with Kim!
Emily Smith  
Phone: 317-260-0295  
Email: emilyleax@yahoo.com  

Master Trainer  
Experience:  
14 years of personal training  

Education / Certification:  
- Bachelor of Science in Management from Purdue University  
- ISSA Certified Personal Fitness Trainer  
- TRX Group Suspension Training Course Certified  
- TRX Sports Medicine Suspension Training Course Certified  

Training Philosophy:  
I am passionate about helping and encouraging people, especially in the realm of physical fitness, health, and nutrition. If you are looking to get the most out of your time spent in the gym to accomplish your goals (no matter how big or small), I would love to come alongside to you and help you use your time wisely. As your trainer, I have your goals and your best in mind at all times. We only get one body in this life, so I believe in taking care of it and making the most out of what you’ve got! Small changes over time lead to long term success for your health. I am very enthusiastic, and I like to make exercise fun, so it is my hope that you will enjoy your time training with me.  

Personal Interests:  
I enjoy spending time with my husband and kids. I love being outdoors and in nature. I enjoy walking, biking, and traveling. I trained for and ran a half marathon, and I enjoyed the training process immensely. I have since struggled with a disc problem in my lower back and have been advised to use running only as an “accessory”, but the injury has taught me much about protecting against future injury. I am also very involved in my church and am passionate about giving back to help those in need….15% of all my personal training income will go directly to the nonprofit orphan care ministry Back2Back, website: back2backministries.org.  

Come See Me in Action….  
Emily teaches Just Fit on Mondays at 11:15am and Thursdays at 11:15am. Come try it out! Keep an eye out for her and feel free to observe her training style to decide if Emily is the right trainer for you!

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Kaitlin Smith Haring
Phone: 513-295-2818
Email: kaitlinsmith85@gmail.com

Master Trainer

Experience:
8 years personal training, 4 months working with cardiac, pulmonary, and post rehabilitation

Education / Certification:
- Bachelors Degree in Kinesiology concentrating on Fitness Specialist with a Minor in Nutrition Science
- American Council on Exercise (ACE) Certified Personal Trainer
- American Council on Exercise Stability Ball Training Certified
- Functional Training Coursework
- TRX Suspension Training Certified
- TRX Rip Trainer Course Certified
- TRX Sports Medicine Suspension Training Course Certified
- KFIT USA Level 1 Certified Instructor (Kettlebell)
- Sports/Nutrition Workshop
- TRX Functional Training Certified

Training Philosophy:
“All parts of the body which have a function if used in moderation and exercised in labors in which each is accustomed, become thereby healthy, well developed and age more slowly, but if unused they become liable to disease, defective in growth and age quickly.” As a personal trainer my goal is to help you find what works for you — and only you. I want you to achieve your personal fitness goals and help you make lifestyle changes. I focus on functional training that will help you improve your daily activities while also teaching you new exercises to keep you interested and excited as you work towards achieving your goals. I want you to be able to understand and embrace all the fitness and nutritional changes we have worked through to provide you with a more enjoyable life.

Personal Interests:

Come See Me in Action….
Kaitlin teaches Absolutely Core on Tuesday and Thursday from 9:10 – 9:40am. Come try it out! Keep an eye out for her and feel free to observe her training style to decide if Kaitlin is the right trainer for you!

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Meghan Swigart  
Phone: 513-256-4764  
Email: megswig@gmail.com  

Master Trainer  
Experience:  
8 years as a Personal Trainer, Group Exercise and Yoga Instructor

Education / Certification:  
- ISSA Certified Personal Fitness Trainer  
- RYT-200 Yoga Certification Accredited By Yoga Alliance  
- Bachelor of Science in Biological Sciences, with a minor in Chemistry from Northern Kentucky University  
- Specialization Certification in Sports Performance Enhancement Training through NASM (National Academy of Sports Medicine)  
- TRX Suspension Training Certified  
- TRX Sports Medicine Suspension Training Course Certified  
- NASM Corrective Exercise Certified

Training Philosophy:  
As a trainer, my goal is singular: To get my clients the results they want. I believe in developing the athlete in us all. As a result, my programs use functional and athletic movements. This includes strength training, cardiovascular training, and correcting muscle imbalances and poor body mechanics. I provide focused and intense training sessions while maintain a fun environment. I personally invest in and connect with each of my clients.

Personal Interests:  
I love people, I love physical activity,…and I love food! I enjoy baking with my 2 children and combining people and physical activity any way I can. I also enjoy running, and the pursuit of another Personal Record in my 5k time!

Come See Me in Action….  
Meghan teaches Cardio Core Mondays at 9am. Your first class is free, so come see her in action to get a sneak peek of what to expect when working with Meghan!

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Dan Guthrie  
Phone: 513-745-6261  
Email: dguthrie@blueash.com

Master Trainer

Experience:
10 years Personal Training and Group Fitness Instructing, 17 years of experience working in the Health & Wellness Field

Education / Certification:
- Associates Degree in Health and Fitness Technology from Cincinnati State
- American Council on Exercise Certified Personal Trainer
- Aquatic Exercise Association Certified Aquatic Exercise Instructor
- Keiser Certified Indoor Cycling Instructor
- TRX TEAM Certified Coach
- TRX Group Suspension Training Course/Rip Training Course/Sports Medicine Suspension Training Course Qualified
- Arthritis Foundation Arthritic Exercise Instructor Certified
- YogaFit - Teacher Training Program Certified
- Currently undergoing coursework to complete a Bachelors Degree in Organizational Leadership w/ a Minor in Health from Northern Kentucky University.

Training Philosophy:
Having worked in the fitness field in some capacity for well over a decade, I bring a lot of experience to the table. A client can expect a very balanced program that will not only help them reach their goals but also leave them with the tools to maintain their overall health, fitness and athleticism for years to come. As a trainer, I firmly believe that you only get out of a program what you put into it. As your trainer, it will be my goal to help you maximize what you are putting into your program. I will do this by helping you create appropriate fitness and wellness goals and then work with you to discover the best way to attain them. Consistency is the key to any program - so a good trainer will hold you accountable and teach you how to safely and efficiently exercise, both with a trainer and on your own. My mission as your trainer is to ensure that you not only enjoy what you are doing and attain the goals you have set for yourself, but that you also gain a better understanding of how proper exercise and nutrition enhances all areas of your life.

Personal Interests and Achievements:
Spending time with my wife and daughter, mountain biking, skiing, camping, hiking, Bengals and Ohio State Football, watching movies, reading, listening to music - especially going to concerts and music festivals, healthy cooking, and traveling to places I have never been. My recent fitness goals met - Full & Half Marathon (Flying Pig) & Tough Mudder (12 Mile Mud/Obstacle Run).

Upcoming Fitness Goals - Complete a Century Ride (100 mile bike ride), Complete multiple reps of a 400+ lb deadlift.

Come See Me in Action....
Thursday morning Sports Conditioning! 6:15AM - come try it - I specialize in fun “mini courses” and can modify for all ability levels.
Andrew Stallworth  
Phone: 513-300-0768  
Email: astallworth20@gmail.com

Master Trainer

Experience:
Over 17 years of experience in the health, wellness, group and personal fitness field

Education / Certification:
- B.S. Health Administration, B.S. Physical Education, Cumberland College
- Post Graduate work Exercise Physiology Murray State University
- Certified Personal Trainer American College of Sports medicine (ACSM)
- Certified Personal Trainer American Council on Exercise (ACE)
- CrossFit Certified Level 1 Instructor/Trainer
- TRX Group Suspension Training Course Certified

Training Philosophy:
Training is not always easy, but as a client you should always be engaged and challenged. As a trainer and health professional I am your resource to help you obtain the goals and the information you need to ensure your success. Having both short and long term goals should drive both our training and your choices. Training is not just in the gym but should lead to lifestyle changes. I attempt to make training an enjoyable learning experience.

Personal Interests:
I enjoy spending time with family and friends. My work and my play are generally the same so I enjoy training as well as being trained and coached. In addition, playing baseball is a passion as well as watching television and reading.

Come See Me in Action....
Andrew teaches P.E. on Monday, Wednesday and Friday mornings at 6:15am. Your first class is free, so come see him in action to get a sneak peek of what to expect when working with Andrew!