

# Personal Trainer

## Senada Flack



### Education:

AFAA Certified Personal Trainer  
AFAA Primary Group Exercise  
NASM Fitness Nutrition Specialist  
StrongFirst Kettlebell Level 2  
Ground Force Movement Instructor  
TRX Certified Instructor  
AFAA G.E.A.R Cycling  
AFAA Yoga Levels 1 & 2  
CPR/AED Certified

### Specialties:

Strength Training  
Behavior, Nutrition & Weight  
Management  
Kettlebell Functional Training &  
Coaching  
Special Population Coaching

### Experience/Training Philosophy:

**Determined Fitness and Nutrition Professional with almost 10 years of hands-on experience. Dedicated in all aspects of health and wellness with a philosophy in personal and client improvement.**

**I believe that fitness is achievable for all ages, genders, backgrounds and abilities. My philosophy is to help each individual attain their goals and to improve their lifestyle, strength, nutrition and overall health, fitness and wellness.**

[senada.flack@outlook.com](mailto:senada.flack@outlook.com)

# Personal Trainer

## D'Anne Carter



### Education:

ACE Certified Personal Trainer  
AFAA Primary Group Exercise  
CPR Certified  
AED Certified  
American Sign Language Certification

### Specialties:

Strength Training  
Mobility  
Core Stabilization  
ASL/English bilingual

### Experience/Training Philosophy:

I wish I could tell you I double majored in Exercise Science and Sports Medicine, that I successfully swam the English Channel, and that I set the record for most jumping jacks in one day, but that would be false advertising. What I can tell you is that I have always valued health and fitness, which is why I decided to dive deeper into the fitness industry. I am a new coach who finds joy being in the gym, both mentally and physically. With that being said, my goal is to inspire and educate others, all the while, learning and growing personally and professionally myself. I recently saw a quote at a local Kaffee that said, "Do your body good so your soul wants to live in it." Powerful and motivating, am I right? It would be my privilege to help you achieve your unique fitness goals. Together, we can establish long term habits that become a healthy lifestyle. Last but certainly not least, I want to remind you that you are beautifully and wonderfully made. The number on the scale doesn't define you. I believe that life is about balance and loving your body for the amazing instrument it is. I can't wait to meet you!

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# Personal Trainer

## Juliette Yoder



### **Education:**

NASM Certified Personal Trainer

NASM Nutrition Coach

CPR/AED Certified

### **Specialties:**

Strength and Conditioning

Cardio

Weight Loss

Weight Training

HIIT Training

### **Experience/Training Philosophy:**

I'm Juliette, born in '92 in the green country of the United Kingdom. My passion is guiding individuals like you through personalized training and nutrition. I firmly believe that adopting a healthy lifestyle is the ultimate solution to navigate life's myriad challenges. Whether your goals include weight loss, weight gain, muscle development, improving overall health, enhancing joint function, or building strength, I'm here for you, regardless of age, weight, or current condition.

I lead by example, taking my own advice to heart, and I'm committed to standing by your side every step of the way in your fitness journey.

### **Contact Information:**

**Email:** [jyoderfitness@gmail.com](mailto:jyoderfitness@gmail.com)

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**Phone:** +49 01512 4118334

# Personal Trainer

## Klaudia Almonte Janegova



### **Education:**

NASM Certified Personal Trainer

NASM Certified Nutrition Coach

CPR Certified/AED Certified

NASM Women's fitness specialist

### **Specialties:**

Resistance training / Strength training

Body Recomposition

Nutrition

Core/balance/plyometric/mobility

specialist pregnancy/postpartum fitness

### **Experience/Training Philosophy:**

Would you like to create lasting self confidence by taking your health and fitness to next level trough a realistic and sustainable lifestyle choices and feel stronger than ever before ? Let's do it !

As a personal trainer and also being a mom, I believe that everything is about right mindset, discipline and consistency. With the correct training and nutrition you will be absolutely able to transform your health, confidence, and conditioning. From eating disorders to excessive exercise habits/gym anxiety... I've been through it all. I know what it feels like to want change, but not understand how to change. It took me years to figure it out, but I found passion in the process. Nothing makes me more happier, than helping others to figure it out way earlier than I did. i am always trying to stay on top of new researches, so i will be able to give my best to you. There is no such thing as one size fits all fitness ... Fitness is for everyone, no matter the circumstances. I can't wait to meet you and help you meet your goals!

### **Contact Information:**

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phone: +49 151 67974678



# Personal Trainer

## Maria Luciotti



### Education:

NASM Certified Personal Trainer  
AFAA Primary Group Exercise  
TRX Functional Training  
Master of Science, UMB  
CPR/AED Certified

### Specialties:

Strength Training/Weight Lifting  
Functional Training and HIIT  
Core and Stability  
Recovery and Mobility

### Experience/Training Philosophy:

I have been a certified personal trainer since 2012 and have worked with clients with a wide variety of fitness goals. Whether you are looking to gain strength or muscle, lose weight, learn proper lifting form, or just become more comfortable in the gym, my goal is to help you find success and enjoyment through exercise. My passions in fitness are to help people surprise themselves with their own capabilities, coach in an effort to create independence, and highlight fitness as a journey over our lifetime.

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