

BETTY – Personal Trainer

Betty has an Exercise Technician certificate from TVI where she studied such courses as exercise physiology, kinesiology, fitness and weight control, fitness assessment, exercise prescription and exercise for special populations. Betty is currently certified through the American College of Sports Medicine (ACSM) and the Aerobics and Fitness Association of America (AFAA). Some of her experiences include an internship at TVI conducting an exercise class for seniors, teaching country western dancing, belly dancing and other exercise classes. Betty has also attended numerous health and fitness related workshops. In her spare time Betty enjoys skiing, biking, hiking and traveling. She is the proud mother of 4 children and 9 grandchildren. Betty plans to continue her education in the exercise field concentrating on the role that diet and exercise has on the aging process and the science behind it.

CAROLINE – Personal Trainer

Caroline has received her personal training certification from the Aerobics and Fitness Association of America (AFAA). Caroline likes to work with all types of populations from children to seniors, male or female. In her spare time Caroline likes to workout and play soccer! She is also the proud mother of two teenager daughters. Caroline loves people and to be outdoors walking, running, hiking, etc.

DAVE – Personal Trainer

Dave is a certified personal trainer through the Aerobic and Fitness Association of America (AFAA). Dave has experience working with all populations and has attended a seminar with Chuck Wolf on functional assessment and program design. In his spare time Dave is an avid snow boarder, plays in a blues band and spends time with his two teenage children. As Dave trains, he wants to continue improving his knowledge of exercise, training and sports performance.

NICHOLE – Personal Trainer

Nichole is a student at the University of New Mexico in the Exercise Science program where she will graduate in December, 2007. She has experience in soccer, softball, track, basketball and is an accomplished triathlete. Nichole has experience with all populations and specializes particularly in women, children and the elderly. Her concentrations are creative, full body workouts, dynamic functional training, innovative circuit training, core training, weight loss and body recomposition. Her motivation is not only for her clients to achieve their goals, but to inform them that being healthy comes first and foremost. In her spare time Nichole enjoys running, biking, swimming and yoga. After Nichole graduates she would like to continue her education in graduate school for exercise science, kinesiology or physical therapy.