

Meet Your Personal Trainers



Beth Chamberlain

Beth is constantly researching, reading and attending conferences to learn new exercise trends and to stay up to date with fitness information. Her goal is to motivate and inspire people of all fitness levels, abilities and ages. Certifications include Personal Trainer, Group Fitness Instructor, Aqua Instructor, Keiser M3 Indoor Cycling, IYCA - Youth Fitness Specialist - Level I and TRX Suspension Training.



Beth Miller Howser

Beth Miller Howser has been working in the fitness industry since the mid 1990's. She is a Personal Trainer, Spin Instructor, holds various Les Mills certifications and is TRX certified. She enjoys creating challenging, yet achievable workouts that play to her clients' strengths.



Cindy Griffin

Cindy's approach to exercise emphasizes proper movement patterns, core strength and muscle balance. Using her Stott Pilates and ACE personal training certifications, Cindy specializes in pain reduction, body alignment and strength training.



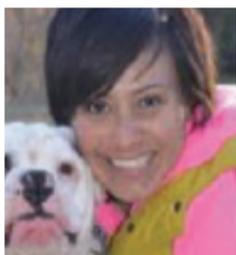
Donna Comer

Donna has worked in the fitness industry for over 12 years. She holds group exercise certifications in several formats, to include Bodypump, step, cycle, and aqua. She is a huge advocate for cross training - believing that variety in one's exercise regimen helps keep injuries, boredom and complacency at bay!



John Ferguson

John enjoys seeing training go beyond just the physical level in how it impacts clients on an emotional and therapeutic level as well. Watching clients experience excitement when they begin seeing results is one of the most rewarding aspects of training for him. John loves having clients use the skills he teaches them to help make their lives become better. John has been a Personal Trainer since 2012. Watch for activities with John Ferguson at the WARF.



Kelli Robinson

Kelli Robinson has over 20 years experience with personal fitness and has recently turned it into a career. Using all different types of training modalities and styles, she takes a well-rounded approach focusing on how you move your body in everyday life, and teaches you how to build a sound foundation that includes the elements of balance, coordination, flexibility and strength.



Kristin Handwerger

Kristin has a MS and BS in Exercise Science and has been working in the health and fitness industry since 1987. She has worked with all ages and all populations from hospital based rehabilitation to athletes. She is a Certified Personal Trainer, Pilates Instructor, Cycle Instructor, TRX Coach and certified in Aquacize.



Mindi Cupka

Mindi is committed to helping her clients achieve a balanced lifestyle encompassing all aspects of health & fitness. Her main goal is to create a training environment that not only motivates clients, but also empowers them both mentally and physically and continually challenges them to reach new heights. She believes through exercise and proper diet, anyone can enhance their quality of life and gain confidence they've never felt before...regardless of age and prior experience!



Monica Fernandi

Monica is certified in Yoga, Water Aerobics, Aqua Zumba, Zumba and TRX and is a certified personal trainer. She has assisted clients of all ages and fitness levels with setting and obtaining reasonable goals. Her kind and compassionate approach helps clients find their inner strength while developing healthy habits.



Rob Stone

Rob is a certified personal trainer, cycle instructor and aqua instructor. Staying healthy and fit has been a part of his every-day life for years. His goal is to help his clients discover their own fitness passion!



Steve Sutton

Steve is a physician, a Fellow of the American College of Surgeons and a Diplomat of the American Academy of Integrative Medicine. His areas of interest are strength training, conditioning, nutrition and nutritional supplementation. Steve is certified in Sports Nutrition and as a Personal Fitness Trainer. He uses nutrition, resistance training, and cardio in an integrative approach to help clients attain their goal of adding lean muscle mass while decreasing body fat.