

Jon Orbach

- ACE personal trainer, ACE nutrition specialist, and Tang Soo 2nd degree black belt.
- Over 15 years of experience in Tang Soo Do, Brazilian Jiu Jitsu, Muay Tai; over 2 years of experience in personal training.
- Specializes in weight loss, strength training, specialized movement training, and self-defense.

Kendra Johnson

- NSCA certified personal trainer; BS in exercise science.
- Specializes in sport specific training, strength, agility, conditioning, strength training, power, functional fitness, general fitness, and weight loss.

Catherine Buxhoeveden

- ISSA certified personal trainer, NETA certified senior fitness specialist.
- 10 years of experience.
- Specializes in senior fitness.

Pete Nielsen

- Cooper Institute certified personal trainer, spin instructor, and NC state certified in specialized physical fitness.
- Over 8 years of experience.
- Specializes in weight loss, strength training, cardio training, senior fitness, and individuals with disabilities.

Emily Paris

- Healthy aging specialist, group fitness instructor, NETA certified personal trainer, and group fitness instructor.
- 2 years of experience.
- Specializes in senior fitness.

Bryan Duke

- ISSA certified personal trainer and ISSA certified specialist in fitness nutrition.
- Over 30 years of experience.
- Specializes in HIIT, fitness nutrition, strength training, general fitness, injury rehabilitation, body building, and weight loss.

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