



ANDRE DRUMMOND

HOMETOWN: CORAL SPRINGS, FLORIDA

CERTIFICATIONS: NATIONAL STRENGTH AND
CONDITIONING ASSOCIATION

SPECIALTY: FUNCTIONAL FITNESS,
STRENGTH & CONDITIONING,
BODY COMPOSITION, CORE
& STABILITY TRAINING,
POWER PLATE

“The man who grasps principles can successfully handle his own methods. The man who tries methods, ignoring principles is sure to have trouble.”



HEALTH CLUB



TIM MOSS

HOMETOWN: LIVINGSTON, NEW JERSEY

CERTIFICATIONS: NATIONAL ACADEMY OF
SPORTS MEDICINE (NASM)

SPECIALTY: FUNCTIONAL TRAINING,
YOUTH FITNESS, WEIGHT LOSS,
STRENGTH TRAINING, ATHLETE
TRAINING

“The secret of getting ahead is getting started.”



HEALTH CLUB



CHRIS ATHANS

HOMETOWN: LAKELAND, FLORIDA

CERTIFICATIONS: B.S. EXERCISE SCIENCE,
ACE PERSONAL TRAINER,
NUTRITION SPECIALIST

SPECIALTY: CORRECTIVE EXERCISES,
SPORTS PERFORMANCE,
WEIGHT LOSS & MUSCLE
BUILDING, NUTRITION
CONSULTATION

“The measure of a man is the ability to keep trying, even when the odds seem impossible and the last hope looks gone.”



HEALTH CLUB



DEANNA AVERY

HOMETOWN: BOSTON, MASSACHUSETTS

CERTIFICATIONS: INTERNATIONAL SPORT SCIENCE ASSOCIATION (ISSA), INTERNATIONAL SOCIETY OF SPORTS NUTRITION (ISSN)

SPECIALTY: SPORT SPECIFIC, NUTRITIONIST, FUNCTIONAL, PRECISION, KETTLE-BELL, TRX

*“Strategies are many, principles are few.
Strategies may change, but principles never do.”*



HEALTH CLUB



TRISHA CICERO

HOMETOWN: SYRACUSE, NEW YORK

CERTIFICATIONS: INTERNATIONAL SPORT
SCIENCE ASSOCIATION
(ISSA), CERTIFIED NUTRITION
SPECIALIST, KENPO KARATE
5TH DEGREE BLACK BELT

SPECIALTY: KICKBOXING, SELF DEFENSE,
BODY TRANSFORMATION, TRX,
KINESIS, NUTRITION

*“Knowing is not enough; We must apply.
Wishing is not enough; We must do.”*



HEALTH CLUB



MELANIE LESTER

HOMETOWN: NEW YORK

CERTIFICATIONS: NATIONAL ACADEMY OF
SPORTS MEDICINE (NASM),
NASM-NUTRITION, STATES
WATER FITNESS ASSOCIATION

SPECIALTY: HIIT, AQUA TRAINING,
HYDRO-INTERVAL TRAINING,
BODY SCULPTING

“Although it may not seem it at the moment, something good will always emerge from a negative experience. You just have to have the awareness and patience to see it.”



HEALTH CLUB



XIMENA WHITE

- HOMETOWN:** FORT LAUDERDALE, FLORIDA
- CERTIFICATIONS:** NATIONAL ACADEMY OF
SPORTS MEDICINE (NASM)
- CORRECTIVE EXERCISE
SPECIALIST, AQUATIC EXERCISE
- SPECIALTY:** BALANCE, STRENGTH,
FLEXIBILITY, MOBILITY,
STRENGTH TRAINING,
BODY TRANSFORMATIONS,
AQUATIC THERAPY

*“Once the mind is set and committed...
there is nothing we can't do!”*



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