

STRONGER TOGETHER

Meet our Certified Trainers

Our professional trainers will create a personalized exercise program designed to meet your needs and goals, while maximizing your workouts by teaching you proper form.

The trainers will use a variety of activities and exercises to keep you motivated and engaged. Our trainers can help you with weight loss, strength training, injury prevention, post-rehabilitation, nutrition, and more.

Your first session will include a free 15 - 20 minute assessment to discuss goals and any specific injuries you may have.



Lara Davis Barnett

Lara is a NASM Certified Personal Trainer, Group Ex & Yoga Instructor, with Perinatal and Fitness Nutrition specializations.

Kelvin Joiner

Kelvin is an AFAA certified Personal Trainer, as well as a Group Ex, Spin and Aqua instructor. He specializes in working with athletes, seniors and rehab clients.



Abby Clester

Abby is an ISSA Certified Personal Trainer, Group Ex and Yoga Instructor, with a specialization in Pre and Post Natal fitness.

Megan McAuliffe

Megan is an ACE Certified Personal Trainer, Group Ex & Pilates Instructor, and an Optimal Nutrition & Exercise Specialist. (Group Sessions Only)



Hope Bracerros

Hope is a NASM certified Personal Trainer who has her Bachelor's in Kinesiology and Exercise Science. Hope has several years experience working in Physical Therapy.



Melissa Swanson

Melissa is an ISSA Certified Personal Trainer, as well as a Group Ex and Cycling Instructor.

