

# MEET OUR PERSONAL TRAINERS

Lose Weight • Get Motivated • Improve Skills • Have a Breakthrough



GERARDO ALVAREZ

“My fitness philosophy is one of total fitness with no mental or physical limitations in accomplishing one’s goals. My technique in training is to build strength, endurance, and conditioning using one’s own body weight.”



SHERYL HEFFERN

“I enjoy watching clients’ confidence grow as they reach their health and fitness goals through consistent exercise and improved eating habits. Discover your potential!”



STEVE KOEBCKE

“Life gets busy, so it’s my goal to teach you how to incorporate a quality fitness routine into your life. We will design a workout plan that best fits you. I look forward to taking the fitness journey with you!”



LORI MABE

“Come see me to improve your strength, agility, mobility, and stability. I specialize in 360 functional fitness while incorporating core body weight exercise.”



YOLANDA MENSIK

“I’m here to help you through this journey of attaining your fitness goals. You’ll become better, faster, and stronger physically and mentally. I’ll help you understand this is training for a better life. My goal and passion is to inspire you to be the best version of yourself.”



RYAN MOSELY

“It is my responsibility to get you to your ultimate level of fitness through strength, power, speed, and balance. Together, we’ll push to the max in order to help you be the best YOU.”



KIM RYAN

“I witness every day the benefits one gains both physically and mentally by engaging in a fitness routine. Make the investment; get great rewards!”



PAM RUNYAN

“My specialty is training individuals who are recovering from orthopedic injuries, suffering from pain, or neurological disorders, or just want to improve their overall fitness level. Using land and water exercises, I can help you improve your quality of life.”



ANDREA SELSTAD

“Consider a personal trainer if you are looking to enhance sports performance, take your first fitness “steps”, establish consistency, or reach a wellness goal.”



NATE THOMAS

“Let’s work together to create and implement a personal and effective plan that will help you get the results you desire. No matter if you are looking for strength, endurance, or weight reduction, I am positive you can do it!”



LYNDSEY ZAJAC

“I work with clients to achieve their goals whether it be weight loss, mobility, improved strength, or a successful return to an active lifestyle. Fitness will help you gain physical and emotional confidence in all areas of life. I will coach you on your journey to be the best YOU.”

RATES	ONE	FIVE	TEN
30-MINUTE	\$30	\$150	\$300
60-MINUTE	\$55	\$250	\$450

Contact our trainers at [personaltrainers@carmelclayparks.com](mailto:personaltrainers@carmelclayparks.com) or 317.573.5249. Ask about small group training rates! Sessions are non-refundable.