

## Certified LPSF Trainer Bios

**Becca DeRuyter, BA, MA, ACSM**—Uses a “whole-person” style of mindfulness, nutrition, and fitness to empower her clients to make healthy choices that increase longevity and improve quality of life. Training clients since 2003, her extensive education, experience and a no-nonsense style keep you challenged, but engaged. Becca is also the PT Department Director.

**Erin Opitz, BS, PTA, RYT, ACSM**—Is energetic and down to earth and her passion for yoga continues to influence her personal training style. As a registered yoga teacher since 2006 and trainer since 2007, she offers her clients the mind/body connection that benefits those new to exercise, pre/post natal, rehab or athletes, plus she is a Physical Therapy Assistant.

**Chris Bentley, NASM**—Wants clients to be happy with their bodies and prosperous with overall health. Since 2003 her vivacious, yet comforting approach has helped clients achieve their fitness goals by focusing on body awareness, gaining strength, stability and self-confidence. Her experience and personality will keep clients inspired to succeed.

**Angie Jahner, NETA**—A passion for fitness and a desire to help others combine to influence Angie and act as the foundation for designing personalized programs guaranteed to improve fitness, increase energy and promote healthy self-image and healthy living styles. Training clients since 2015 plus teaching group fitness since 1996, Angie is comfortable with clients of all ages and physical abilities.

**Brenda Thomson, AFAA, ACE, NASM**—A personal trainer and group exercise instructor since 2000, she has a personality that is contagious, full of enthusiasm and excitement. By combining a variety of functional equipment and body weight movements, she is successful in helping clients lose weight, tone and build overall strength with heartfelt attention and results.

**Jim Young, MS, CSCS**—A trainer to all ages and all abilities, you’ll find Jim to be encouraging, motivating and skilled at helping you achieve your goals. His down-to-earth approach to fitness is realistic and sustainable for lasting results.

**Joel Wickesberg, BS, CSCS**—With over 10 years of training experience, Joel strives to deliver a training style that will help improve functional movement for clients of all ages, as well as coaching for specialty sports like power lifting and Olympic weightlifting.

**Christina Smrcek, CES, NASM**—Christina lives and breathes fitness. She is passionate about helping clients pursue healthy active lifestyles and overcoming obstacles they may encounter. As a corrective exercise specialist, she is in tune with client limitations and will structure programs that are within a client’s range, while still making gains.

**Dave Lutz, NPTI**—Brings an honest and straightforward approach to making sure you achieve your goals. He’s been training since 2006 and focuses on training clients for weight loss, sports specific, muscle gain and improving everyday functions of life.

### New to Training?

One Month of Training for \$150! 30 Minute Sessions 2x/week

#### **Individual**

**\$58/hour or \$36/half hour**

#### **Partner** (2 people)

**\$40/person/hour**

#### **Semi-Private** (3—6 people)

**\$25/person/hour**

- Partner & Semi-Private—one hour only
- Installments available on 24+ sessions
- 10% paid-in-full discount on 24+ sessions
- Non-member rates are \$5 more per session
- No combining discounts/specials
- Some restrictions apply