



Dani Smith

Certification: Certified Personal Trainer – American College of Sports Medicine, Fitness Nutrition Specialist – National Academy of Sports Medicine, CPR/AED

Focus: Weight loss, Strength and Conditioning, Pre and Post – Natal, Endurance Training

Availability: Monday-Friday 8:30am-2pm



Amy Bracher

Certification: Certified Personal Trainer – AFAA, Group Fitness Instructor – AFAA, Schwinn Certified Indoor Cycling Instructor, CPR/AED

Focus: Weight loss, Strength and Conditioning, Endurance Training

Availability: Early mornings before work 5:45-6:30am (except Tuesdays), some weekdays , and weekends



Anthony Bell

Certification: Certified Personal Trainer – National Academy of Sports Medicine, Fitness Nutrition Specialist – National Academy of Sports Medicine

Focus: Weight Lifting, Strength and Conditioning, Body Building, Weight Loss, Athletic Training, Nutritional Coaching

Availability: Early mornings before 8:00am, evenings after 5:30pm, Saturday before 11:00am, and any time Sunday



Kelly Ryan

Certification: Certified Personal Trainer - American College of Sports Medicine, RN/BSN, CPR/AED, Emergency O2, FMS Level 1 (pending)

Focus: Strength Training, Weight Lifting, Running, Endurance Training

Availability: Monday-Friday 9:00am-2:00pm