

# PILATES TRAINERS

**Alice Rime** - See bio under personal trainers.

## Amy Wagner

Amy received her Comprehensive Balanced Body Pilates Certification and mentoring through Gwen Miller, Master Pilates Instructor. She is a Certified Personal Trainer through the American Council on Exercise. Amy is a firm believer in the core principles of Pilates and incorporates these principles in her sessions which are dynamic and challenging yet safe for all levels of participants.

Contact Amy: 707.799.9576 or amyw@airportclub.com

**Catherine Davis** - See bio under personal trainers.

**Dahdri McCormick** - See bio under personal trainers.

## Gwen Miller

Gwen has extensive training and experience in alleviating back pain through corrective and postural exercise for spinal pathologies, including osteoporosis, scoliosis, and disc derangements. Gwen's background as a C.H.E.K Practitioner, PMA certified Comprehensive Pilates Instructor, NASM-OPT Personal Trainer, Yoga for Scoliosis® Teacher, one of 14 worldwide Authorized Scolio-Pilates® Trainers, and E-RYT 200 Yoga Instructor gives her a unique perspective on seeing the changes in the body, and how to bring those changes back into optimal alignment

Contact Gwen: 707.486.5642 or gwenm@airportclub.com

## Kristen Arkush

Kristen is a dedicated Pilates student who recently became an enthusiastic Instructor. She has completed Comprehensive Pilates Training and mentoring with Gwen Miller, Balanced Body Pilates Faculty and Master Pilates Instructor.

Contact Kristen: 415.334.0113 or kdarkush@gmail.com

**Michael Melchor** - See bio under personal trainers.

## Michael Wong

Michael is a NASM Certified Personal Trainer, Level 2 Certified Archery coach, and has completed his Comprehensive Balanced Body Pilates Certification. The use of the Reformer, Chair, and Trapeze has allowed him to be creative when planning workouts for a variety of clients, from teens to seniors.

Contact Michael: 707.291.5229 or michaelw@airportclub.com

## Whitney McMicking

Whitney is a NASM Certified Personal Trainer, a Balanced Body Certified Pilates Trainer, and Certified in TRX Suspension Training. She studied Kinesiology at Sonoma State University, with an emphasis in Exercise Science. Her knowledge of proper biomechanics and exercise physiology allows her to create a safe, fun, and effective workout.

Contact Whitney: 707.483.3327 or whitneym@airportclub.com

# TRAINING FEES

## 30-Minute Private Sessions:

½ hour private session .....	\$56.00
5 ½ hour private sessions .....	\$270.00
10 ½ hour private sessions .....	\$512.00
20 ½ hour private sessions.....	\$955.00

## One-Hour Private Sessions:

1 hour private session .....	\$80.00
5 private sessions .....	\$388.00
10 private sessions .....	\$732.00

## Semi-Private Sessions (2 people):

½ hour semi-private session .....	\$28.00
45 minute semi-private session.....	\$34.00
1 hour semi-private session .....	\$40.00

\*Price is per person. Packages can be purchased in any quantity. Same price/session.

## Group Personal Training

Our fitness trainers are experienced in how to maximize your workout in a group. Our teams range from a minimum of three to a maximum of eight participants. Have fun, work out and meet new people.

## Group personal Training (3-8 people):

½ hour session .....	\$14.00
45-minute session .....	\$20.00
1 hour session .....	\$25.00

\*Price is per person.

Contact any of our Personal Trainers to set up your own sessions, or our Fitness Director, to help you select the most appropriate trainer for your needs.



# PERSONAL TRAINING

# MEET OUR PERSONAL TRAINERS

▲ These trainers are also Pilates Certified

## Alice Rime ▲

Alice has been in the fitness industry for 30 years. She has acquired Pilates certifications through Balanced Body and Leslie Bender. In addition, she is certified with the Athletics and Fitness Association of America and ACE, as well as TRX and Zumba certified.

**Contact Alice:** 707.975.1542 or [alicer@airportclub.com](mailto:alicer@airportclub.com)

## Amber LeCount

Amber is an ACE Certified Personal Trainer, Fitness Nutrition Specialist, and holds a B.S. degree from CSU – Monterey Bay. She offers high-quality dynamic fitness instruction and supports clients of all ages in making positive and sustainable adjustments to facilitate a healthy lifestyle that works for them. Become the strongest version of yourself with Amber's support and judgement free approach to health and fitness.

**Contact Amber:** 707.331.4305 or [amberlecount@gmail.com](mailto:amberlecount@gmail.com)

## Bria Gabor

Bria is an ACE Certified Personal Trainer, Group Fitness Instructor, and Health Coach. She began teaching group fitness in 2014 while getting her BA in Communication at Sonoma State University. Bria specializes in strength training for aesthetics and longevity. She believes that with the right habits, energy, and mindset, anything is possible!

**Contact Bria:** 415.408.1905 or [briag@airportclub.com](mailto:briag@airportclub.com)

## Catherine Davis ▲

Catherine is an ACE Certified Personal Trainer, USA Swim Coach, and Certified Pilates Instructor. Catherine has been swimming competitively since age 8 and has experience working with triathletes preparing them for Ironman Championships. She is a strong believer in mind body health and welcomes all levels to her trainings.

**Contact Catherine:** 707.291.5148 or [catherined@airportclub.com](mailto:catherined@airportclub.com)

## Chaq Grayson

Chaq's passion for health and fitness, along with years spent coaching, led to her becoming a Certified Personal Trainer through the National Academy of Sports Medicine. She has participated in Bodybuilding and took first place in an all-natural female bodybuilder competition. Chaq is also experienced in circuit training, resistance training, strength training, and stretching.

**Contact Chaq:** 707.303.6739 or [chaquitaer@gmail.com](mailto:chaquitaer@gmail.com)

## Corey Hammell

Corey is a NASM Certified Personal Trainer with a focus on performance enhancement and has a B.A. in Psychology from UAA. Corey is a seasoned athlete with over 10 years of experience, playing college and professional basketball overseas, and working as the Varsity assistant coach at Cardinal Newman. He enjoys working with youth, athletes, and others looking to improve their fitness in a challenging but fun and supportive environment.

**Contact Corey:** 707.543.6566 or [coreyh@airportclub.com](mailto:coreyh@airportclub.com)

## Dahdri McCormick ▲

Dahdri is a NASM Certified Personal Trainer as well as a Pilates Mat and Reformer certified trainer from the Physical Mind Institute with over 40 years of experience in the health and fitness industry. Dahdri specializes in core & balance training and enjoys working with populations of all fitness levels and needs.

**Contact Dahdri:** [dahdrim@airportclub.com](mailto:dahdrim@airportclub.com)

## Jeanne Janae

Jeanne holds an aquatic rehab Personal Trainer Certification, working with pre and post rehab clients. She is also certified in Yoga, Pilates, Water Fitness, Sports Nutrition, Reiki, and is a Life Coach. Jeanne works with all levels and is patient dealing with client's needs.

**Contact Jeanne:** 707.291.3660 or [jeannejanae@yahoo.com](mailto:jeannejanae@yahoo.com)

## Jessica Greenwood

Jessica is a Certified Personal Trainer, Certified Massage Therapist, POUND FITNESS Instructor, and SAIL Instructor. She draws inspiration from many different activities & adventures she's experienced, and that is what she wants to bring to her clients and members of the Airport Club family.

**Contact Jessica:** 707.758.2573 or [jessica.greenwood@student.mendocino.edu](mailto:jessica.greenwood@student.mendocino.edu)

## Lisa Fuller ▲

Lisa has a B.S. degree in Exercise Science. She been a licensed Physical Therapy Assistant through the American Physical Therapy Association since 1993 and a NSCA Certified Personal Trainer since 1996. Lisa is Pilates certified and teaches many different Group Exercise classes and has 30 years working in Personal Training and Physical Therapy.

**Contact Lisa:** 707.799.5967 or [lisaf@airportclub.com](mailto:lisaf@airportclub.com)

## Michael Melchor ▲

Michael has been a Personal Trainer since graduating from UC Santa Barbara in 2004. He holds multiple nationally recognized certificates including NASM, AFAA and ACE. Mike specializes in post-rehabilitative and preventative exercise programming, as well as Pilates.

**Contact Michael:** 707.521.2436 or [mikem@airportclub.com](mailto:mikem@airportclub.com)

## Renee Miron

Renee is a NASM Certified Personal Trainer and Group Fitness Instructor. Renee understands that starting a fitness journey can be intimidating but her relatability will ease your nerves and make it an enjoyable experience. Client workouts will be goal focused, while also improving strength, flexibility, and cardiovascular endurance. Renee hopes to instill a genuine passion for exercise with all of her clients.

**Contact Renee:** 707.490.8097 or [reneekmiron@gmail.com](mailto:reneekmiron@gmail.com)

## Rose Nielsen

Certified by the American Council on Exercise (ACE), Rose brings a unique blend of personal experience and professional expertise to the fitness world. Rose stands out for her ability to guide individuals on transformative journeys, as well as her skill in preparing young athletes for the demands of middle and high school sports. Rose is committed to helping you reach your greatest potential.

**Contact Rose:** 707.787.7067 or [rosemarynielsen.rn@gmail.com](mailto:rosemarynielsen.rn@gmail.com)

## Trista Park

Trista is an ACE Certified Personal Trainer and a Group Exercise instructor, known for her expertise in High-intensity interval training (HIIT) and strength building. Her rich background as an experienced athlete allows her to bring a unique blend of discipline, energy, and motivational skills to her training sessions. Trista's training programs are well-rounded, aimed at building core strength, improving endurance, and enhancing overall body composition.

**Contact Trista:** 707.291.9287 or [trista.marie642@gmail.com](mailto:trista.marie642@gmail.com)

## Sue Freyer – Assistant General Manager

Sue Freyer is available to assist with general information or any questions you have regarding personal training, equipment, and trainer placement.

**Contact Sue:** 707.521.2491 or [suef@airportclub.com](mailto:suef@airportclub.com)