

# PILATES TRAINERS

See our Pilates Brochure for more details on our instructors.

## Alice Rime

Alice 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

## 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's classes are dynamic and challenging yet safe for all levels of participants.

Contact Amy: 707.799.9576 or amyw@airportclub.com

## Catherine Davis

Catherine is an ACE Certified Personal Trainer, USA Swim Coach, and Certified Pilates Instructor. 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

## 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 extensive background 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

## Shannon DeMange

Shannon is a Balanced Body Comprehensive Pilates Instructor with decades of dance instruction and performance. She implements strengthening, stretching, and stamina, as well as restorative, functional, and performative enhancement techniques to her trainings.

Contact Shannon: 707.570.5157 or shannond@airportclub.com

# TRAINING FEES

## 30-Minute Private Sessions:

½ hour private session .....	\$58.00
5 ½ hour private sessions .....	\$278.00
10 ½ hour private sessions .....	\$527.00
20 ½ hour private sessions.....	\$984.00

## One-Hour Private Sessions:

1 hour private session .....	\$82.00
5 private sessions .....	\$399.00
10 private sessions .....	\$754.00

## Semi-Private Sessions (2 people):

½ hour semi-private session .....	\$29.00
45 minute semi-private session.....	\$35.00
1 hour semi-private session .....	\$41.00

\*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 Training Director, to help you select the most appropriate trainer for your needs.

## Paula Sandoval – Personal Training Director

Paula is a NSCA Certified Personal Trainer with 10+ years of experience working in one-on-one settings and small groups. She is a Certified Indoor Cycling Instructor, OKC Certified Kettlebell Sport Coach, GGS Certified Menopause Coach, and Registered Dietician. Paula thrives on helping people build their strength to live a long active life.

Contact Paula: 707.521.2448 or paulas@airportclub.com



# PERSONAL TRAINING

# MEET OUR PERSONAL TRAINERS

▲ **These trainers are also Pilates Certified**

## 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)**

## 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 coaching. 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)**

## Cheri McLean

Cheri is a NASM Certified Corrective Exercise Specialist, Youth Specialist, and Nutrition Coach with over ten years' experience. Cheri specializes in functional exercise and movement diversity to help clients achieve their fitness goals while enhancing their overall lifestyle. She focuses on empowering individuals of all ages, including adaptive and senior communities. Cheri's diverse experience, from yoga to circuit training, allows her to tailor programs that keep workouts engaging and effective.

**Contact Cheri: 707.971.3607 or [cheri.n.mclean@gmail.com](mailto:cheri.n.mclean@gmail.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 [jeannej@airportclub.com](mailto:jeannej@airportclub.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 [jessicag@airportclub.com](mailto:jessicag@airportclub.com)**

## Jordan Kerkvliet

Jordan is a dedicated personal trainer who strives to teach health and wellness through research-based practice. He holds a BSc in Exercise Science from Grand Canyon University and an MSc in Exercise Physiology from the University of East London. After three years of playing professional volleyball in Europe, he is excited to bring his global education and diverse fitness background back to the Sonoma County community. Whether you want to build strength, improve health, or find balance, Jordan will guide you toward lasting results.

**Contact Jordan: 707.889.3336 or [jordank@airportclub.com](mailto:jordank@airportclub.com)**

## Jo Bell

Jo is a NASM Certified Personal Trainer, with a B.S. in Dietetics from Point Loma Nazarene University. She draws on her experience as an NCAA distance runner and running coach to help clients of all fitness levels to improve performance, build strength and resilience, and prevent injuries. Jo creates a supportive training environment with focus on the concepts of function fitness, HIIT, mobility, explosivity training, and nutrition to inspire a well-balanced lifestyle.

**Contact Jo: 916.770.7138 or [jordanb@airportclub.com](mailto:jordanb@airportclub.com)**

## Katelyn Hackett

Katelyn holds a bachelor's degree in Kinesiology from Cal Poly Humboldt and a master's in public health from West Coast University. She is Certified as an Exercise Physiologist by ACSM, a Balanced Body Pilates Instructor, and an EMT. Katelyn has specialized training for conditions like Parkinson's, Strokes, Cardiovascular disease, joint replacement, and holds a certificate from Parkinson Wise. With a lifelong passion for swimming, she has taught competitive swimming since 2006 and currently instructs Kids Swim Fitness at the Club.

**Contact Katelyn: 707.494.2795 or [katelynh@airportclub.com](mailto:katelynh@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)**

## Paul Bozzo

Paul is a NCSF Certified Personal Trainer with 15 years of experience. He specializes in personalized fitness programs, focusing on functional strength, core and HIIT. With a passion for helping clients achieve their goals, Paul combines his knowledge of exercise science and nutrition to create effective workouts. As an athlete himself, he understands the unique demands of various sports and is dedicated to guiding clients through injuries and back to peak performance.

**Contact Paul: 707.696.0508 or [paulb@airportclub.com](mailto:paulb@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 aims to inspire a true passion for exercise in all her clients.

**Contact Renee: 707.490.8097 or [reneem@airportclub.com](mailto:reneem@airportclub.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 [rosen@airportclub.com](mailto:rosen@airportclub.com)**

## Sarah Dunlap

Sarah is a highly qualified Personal Trainer certified through ASCM, a USA Triathlon Certified Coach, and a Balanced Body Pilates Instructor. With over 20 years' experience, her expertise spans Swimming, Cycling, Running, Pilates, Nutrition, and guiding women through Perimenopause and Menopause. Sarah brings a multi-faceted approach to training, guiding clients to integrate their fitness goals with their broader life aspirations.

**Contact Sarah: 916.770.7939 or [sarahd@airportclub.com](mailto:sarahd@airportclub.com)**

## Trista Park

Trista is an ACE Certified Personal Trainer and Group Exercise instructor specializing in High-Intensity Interval Training (HIIT) and strength building. With her background as an experienced athlete, she combines discipline and energy to motivate her clients. Trista's well-rounded training programs focus on building core strength, improving endurance, and enhancing overall body composition.

**Contact Trista: 707.291.9287 or [tristap@airportclub.com](mailto:tristap@airportclub.com)**