



# CHRIS HOPKINS

## Education:

- Certified Personal Trainer ACE/ Fitour / Certified Diabetes Prevention Coach
- YMCA Strength & Conditioning Instructor Certification
- TRX certified trainer
- Certified Personal Trainer ACE/ Fitour
- Rockwall Certified
- Health Insurance Portability and
- Accountability Act (HIPAA) Certified

## Group Exercise:

- Strength and Core Training
- Boot Camp and Vpr Loaded Movement Training

## Interests/ Specialties:

- Tri-athlete training
- Football, Baseball, Softball
- Team Training and one on one



Chris  
Hopkins

Personal Trainer



# LIZ GOETZ

## Education:

- ACE Certified Personal Trainer
- FAI Functional Aging Specialist
- Mad Dogg Certified Spinning/  
Indoor Cycling Instructor
- TRX Suspension Qualified  
Trainer

## Group Exercise:

- Cycling

## Interests/ Specialties:

- Weight Management
- Strength training for athletes



Liz  
Goetz

Personal Trainer



# ALEX KENT

## Education:

- National Personal Training Institute Professional Diploma (NPTI)
- Advanced Certified Personal Trainer (ACPT)
- Kettlebell Certification (HKC)
- Progressive Calisthenics Certification (PCC)
- Beyond Bodyweight Certification
- Level 1 Form Qi Gong Instructor certification
- Original Strength Foundations 1 & 2
- Dr. Ed Thomas – Indian Clubs training course
- Old Time Strongman University – 6 Feats of Old course

## Group Exercise:

- Core Conditioning and Kettlebell Fundamentals

## Interests/ Specialties:

- Bodyweight Training
- Functional and Increased Mobility Training
- Kettlebells



Alex  
Kent

Personal Trainer





# Harold Hart

## Group Exercise:

- Boxing

## Interests/ Specialties:

- Boxing Personal Training
- Weight Loss
- Strength training for athletes
- HIIT
- Building upper body strength and core



Harold  
Hart

Boxing Trainer



# HIRSH KRAVITZ

## Education:

- B.S. in Criminology and Political Science, Florida State University
- J.D., Syracuse University
- NASM Certified Personal Trainer
- ACE Certified Personal Trainer
- TRX Certified

## Group Exercise:

- Small Group Training

## Interests/ Specialties:

- Running
- Endurance Sports
- Weight Management
- HIIT



Hirsh  
Kravitz

Personal Trainer