

CHRIS HOPKINS ACE/ Fitour / Certified Diabetes Preven

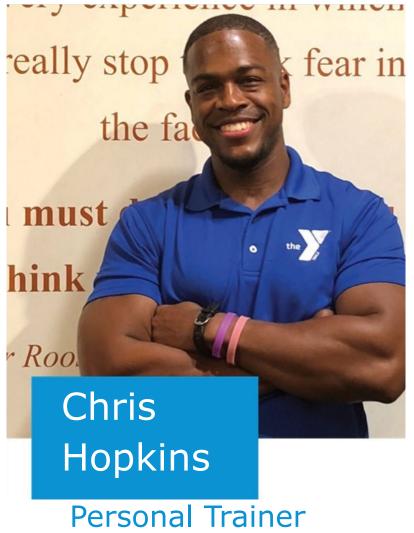
- Education:
- Certified Personal Trainer ACE/ Fitour / Certified Diabetes Prevention Coach
- YMCA Strength & Conditioning Instructor Certification
- TRX certified trainer
- Certified Personal Trainer ACE/ Fitour
- Rockwall Certified
- Health Insurance Portability and
- Accountability Act (HIPAA)
 Certified

Group Exercise:

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

Interests/ Specialties:

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







LIZ GOETZ

Education:

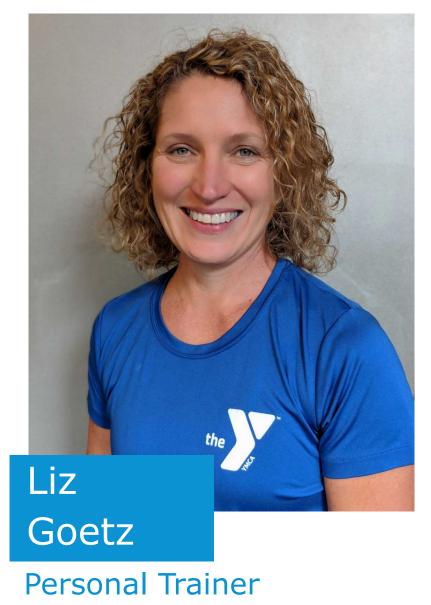
- ACE Certified Personal Trainer
- FAI Functional Aging Specialist
- Mad Dogg Certified Spinning/ Indoor Cycling Instructor
- TRX Suspension Qualified
 Trainer

Group Exercise:

Cycling

Interests/ Specialties:

- Weight Management
- Strength training for athletes





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









Harold Hart

Group Exercise:

Boxing

Interests/ Specialties:

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



Boxing Trainer



HIRSH KRAVITZ

Education:

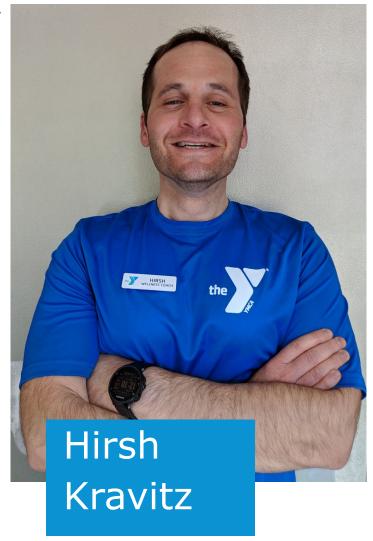
- B.S. in Criminology and Political Science, Florida State University
- J.D., Syracuse University
- NASM Certified Personal Trainer
- ACE Certified Personal Trainer
- TRX Certified

Group Exercise:

Small Group Training

Interests/ Specialties:

- Running
- Endurance Sports
- Weight Management
- HIIT



Personal Trainer