



# PERSONAL FITNESS

## FIND A PERSONAL TRAINER TODAY!

Breeze through your goals with targeted workouts. Fitness Trainers will create programs specifically for you, and guide you through your daily regimen.





**JANA SEITZ**  
AFAA Certified PT  
jseitz@ymcactx.org



**Specialty or Focus:**  
•Creative small group programming  
•Strength Training for midlife  
•HIIT & Circuit Training

**Other Certifications:**  
•TRX Suspension  
•TRX for Kettlebell  
•EGYM

Jana has been a personal trainer since 2017. She doesn't believe that training is a one size fits all approach. Her training style involves diving into your fitness history and helping you create new goals and a solid plan to reach them. She loves to find what motivates her clients and her biggest passion is helping them build confidence and feel more empowered through fitness. She enjoys strength training, HIIT and incorporating fun, but challenging workouts. You will have many laughs with her on the road to a healthier and stronger you!

**SHARON ZAMBRISKI-COOPER**  
Certified PT  
sharon.yoga@gmail.com



**Specialty or Focus:**  
•All levels of fitness  
•Cancer Survivors  
•Rehabilitation  
•Flexibility & Balance

**Other Certifications:**  
•Nutrition  
•Yoga/Meditation  
•Yoga for recovery  
•Pilates

Sharon has been a Results Fitness Coach since 2006. Her diverse training and certifications provide her with the skills to train/coach in; whole-body conditioning, strength building, flexibility, stability, balance, core strength, and nutritional support. With years of experience, and understanding that every individual is unique, her clients sessions are customized allowing them to experience measurable results. Sharon's ideal client is someone who is looking to take their current level of fitness, flexibility, and strength to the next level one day at a time, to live a vibrant energetic lifestyle.

**AMY RENFROE**  
NASM Certified PT  
renfro4@gmail.com



**Specialty or Focus:**  
•Strength Training for seniors  
•Post rehabilitation  
•Postpartum

**Other Certifications:**  
•Les Mills BodyCombat  
•Les Mills BodyStep  
•RPM  
•EGYM

Amy has been with the YMCA since 2005. She enjoys working with all ages and abilities and has a variety of training styles to help everyone find what motivates them. She's very experienced working with individuals recovering from injuries or surgeries and those just beginning their fitness journey that need guidance and encouragement along the way. Let Amy help you reach your goals!

**JAIME JOHNSON**  
NASM Certified PT  
jejohnson626@gmail.com



**Specialty or Focus:**  
•Strength & Circuit training - beginner & intermediate  
•HIIT  
•TRX

**Other Certifications:**  
•Les Mills RPM  
•Les Mills Shapes  
•EGYM

Jaime became interested in helping others on their fitness journey after realizing how great exercise made her feel physically and mentally. She enjoys educating others on fitness and helping them feel better about themselves. It brings her happiness to help others reach their fitness goals or overcome what used to be an obstacle. She is great with people of all ages, but especially loves senior strength training, family fitness, and teaching her small group classes.

**DONALD PLEASANT**  
NASM Certified PT  
championdp13@gmail.com



**Specialty or Focus:**  
•Athletic Performance  
•Plyometrics & Flexibility  
•Strength training for all levels  
•Weightlifting

**Other Certifications:**  
•NASM Guide to Bodybuilding  
•Suspension Training for Older Adults  
•EGYM  
•Pilates

Donald has 7 years of experience training beginners to athletes of all ages. He enjoys working with those who are passionate about their physical, mental and emotional health and how they tie together. Breathing techniques, hydration and fueling your body are staples in his training programs.

**KELLY KLIPEC**  
ACE Certified PT  
trainwithkellyk@gmail.com



**Specialty or Focus:**  
•All level of fitness  
•Strength training for middle age through seniors  
•Post rehabilitation mobility and strength  
•HIIT Training

**Other Certifications:**  
•ACE Certified Group Fitness  
•Zumba, Zumba Gold, Zumba Toning, Aqua Zumba

Kelly began her fitness career in 2014 as a Zumba instructor. Her continued love of teaching inspired her to expand her skills as a certified personal trainer. Her mission? To help people feel better, move better, and live stronger—no matter their age or fitness level. Whether someone is starting their fitness journey, toning up during the middle years, training for a special event, or having mobility issues, Kelly tailors each program to meet her clients' unique goals. Her approach blends upbeat motivation with personalized attention, making every workout effective, empowering, and a little bit fun.

## SET UP YOUR SESSION

**STEP 1**

If you have already spoken to a trainer and determined they are a good fit for you, you will select their name on the registration form at the time you purchase your package. If you do not have a trainer, you can contact them via email to determine who might be a good fit for your personal goals.

**STEP 2**

Purchase your personal training package at the Member Services Desk. If you have not chosen a trainer at this point, then a trainer will be assigned to you. Please allow 48 hours for the trainer to reach out to you. Note: A registration form must be filled out each and every time personal training packages are purchased, complete with trainer name.