<table>
<thead>
<tr>
<th>Name</th>
<th>Certification</th>
<th>Specialties</th>
<th>Fun Fact</th>
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<tbody>
<tr>
<td>ADRIAN GONZALEZ</td>
<td>NSCA Certified Strength and Conditioning Coach</td>
<td>Olympic Lifting, Performance and Functional Training, Speed and Agility Training</td>
<td>Adrian’s nickname is the “Snapple-fact guy.” He loves camping and riding his ATV in the desert, through mountains and at Pismo Beach. He has completed a Spartan Race Trifecta.</td>
</tr>
<tr>
<td>ADRIAN NOETZEL</td>
<td>NSCA Certified Personal Trainer</td>
<td>Strength Training, Introduction to Fitness, Performance and Functional Training</td>
<td>Adrian, who’s originally from Sweden, is a big soccer fan. In his free time, Adrian enjoys practicing tongue twisters and eating food. Adrian speaks English, Swedish, German and Polish.</td>
</tr>
<tr>
<td>ANDREW NGUYEN</td>
<td>NASM Certified Personal Trainer</td>
<td>Strength Training, Introduction to Fitness, Performance and Functional Training</td>
<td>Andrew is a current UCLA student majoring in Physiology. He has a first degree black belt in Hapkido and is on the UCLA Dragon Boat team. He also loves EDM.</td>
</tr>
<tr>
<td>ANNA DZWONIAREK</td>
<td>NSCA Certified Personal Trainer</td>
<td>Strength Training, Introduction to Fitness, Performance and Functional Training</td>
<td>When she’s not working, working out or going to school full time, Anna spends her free time singing in one of UCLA’s A Capella student groups.</td>
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<td>AVA JAFARPOUR</td>
<td>NSCA-CPT</td>
<td>Introduction to Fitness</td>
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<tr>
<td>BRIANNA DIAZ</td>
<td>NASM-CPT</td>
<td>Strength Training</td>
<td>Brianna graduated from UCLA with a psychology degree and entrepreneurship minor. She loves weights as much as she loves food, and that is a whole lot!</td>
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<tr>
<td>CINDY ENGLE</td>
<td>MS Kinesiology, USAW Sports Performance Coach</td>
<td>Sports Training</td>
<td>Cindy swam competitively in college and can be seen swimming with the Bruin Masters on campus at 5:45am.</td>
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<td></td>
<td>CrossFit Level 1, 2 and Gymnastics</td>
<td>Introduction to Fitness</td>
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<td>Performance and Functional Training</td>
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<tr>
<td>DANNY JUAREGUI</td>
<td>NSCA Certified Personal Trainer</td>
<td>Strength Training</td>
<td>Danny loves to serenade his classes and clients. Danny can’t high five, but he can hold a 10-second hand stand.</td>
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<td>Functional and Performance Training</td>
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<td>Introduction to Fitness</td>
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</tbody>
</table>
DANIEL LU

Certification
NSCA Certified Personal Trainer

Specialties
Strength Training
Power Lifting
Introduction to Fitness

Fun Fact
Daniel likes to cheer for UCLA.

DARIELA HERRADA

Certification
NSCA Certified Personal Trainer

Specialties
Strength Training
Performance and Functional Training
Introduction to Fitness

Fun Fact
Dariela is from Rosarito, Mexico, and the Wooden Center has become her second home. She aspires to empower others through fitness.

EDTHEL LUGO

Certification
NSCA Certified Strength and Conditioning Specialist

Specialties
Sports Performance
Functional and Performance Training
Introduction to Fitness

Fun Fact
Edthel loves listening to 90's R&B, reading books, playing basketball and being outdoors. She tries to travel somewhere she's never been at least once per year.

ELIZABETH MELNIKAS

Certification
NSCA Certified Personal Trainer
USAW Sports Performance Coach Level 1

Specialties
Strength Training
Performance and Functional Training
Introduction to Fitness

Fun Fact
Elizabeth graduated from UCLA with a degree in Classical Flute Performance and sang in a children’s choir for seven years. She pole-vaulted in high school and played competitive Ultimate Frisbee at UCLA.
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<tr>
<td>EM CHANG</td>
<td>NSCA Certified Personal Trainer</td>
<td>Strength Training, Injuries and Medical Conditions, Returning to Fitness</td>
<td>Em is an avid photographer and videographer, and is the person behind the camera in many of the UCLA Recreation photos and videos!</td>
</tr>
<tr>
<td>JESSE OPPENHEIMER</td>
<td>NSCA Certified Personal Trainer</td>
<td>Strength Training, Athletic Performance, Performance and Functional Training</td>
<td>Jesse received his degree in Exercise Science from the University of Delaware. He grew up in New York playing soccer, hockey, basketball, track, football, wrestling and lacrosse.</td>
</tr>
<tr>
<td>JORDAN PERRY</td>
<td>NSCA Certified Personal Trainer</td>
<td>Sports Training, Performance and Functional Training, Strength Training</td>
<td>Jordan played football at Santa Monica College. In addition to being part of the FITWELL team, he is an aspiring professional athletic trainer.</td>
</tr>
<tr>
<td>JONATHAN HAGMAN</td>
<td>NSCA Certified Personal Trainer</td>
<td>Strength Training, Military Fitness, Introduction to Fitness</td>
<td>Jonathan is a UCLA Political Science grad student. He is also the proud owner of a signed photo with Arnold Schwarzenegger.</td>
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<tr>
<td>JULIANE NGUYEN</td>
<td>MSW/MPH</td>
<td>Introduction to Fitness, Performance and Functional Training, Returning to Fitness</td>
<td>Juliane is an adrenaline enthusiast. She’s been bungee jumping and has completed a Tough Mudder, the LA marathon and even an Iron Bruin!</td>
</tr>
<tr>
<td>JUSTIN KUO</td>
<td>NSCA Certified Personal Trainer</td>
<td>Strength Training, Power Lifting, Performance and Functional Training</td>
<td>Justin likes to eat food very quickly so that he can then eat other people’s food.</td>
</tr>
<tr>
<td>JUSTIN LUI</td>
<td>NSCA Certified Personal Trainer</td>
<td>Strength Training, Introduction to Fitness, Olympic Lifting</td>
<td>Justin is a UCLA graduate. He enjoys working on functional strength and bodybuilding. In his free time, he designs custom shoes.</td>
</tr>
<tr>
<td>KC REISCHERL</td>
<td>NSCA Certified Personal Trainer</td>
<td>Strength Training, Performance and Functional Training, Gymnastics</td>
<td>KC spent a number of years on Broadway and was in a Coen Brothers movie. He is now our celebrity MoveMail trainer!</td>
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<tr>
<td>LANCE CASNER</td>
<td>ACSM Certified Personal Trainer</td>
<td>Mobility, Strength Training, Returning to Fitness</td>
<td>Lance is a retired Aerospace Engineer now pursuing a second career utilizing a science-based approach to fitness. He competed in Equestrian Sports as a national level as a teenager.</td>
</tr>
<tr>
<td>LAURA SANAVIO</td>
<td>NSCA Certified Personal Trainer</td>
<td>Introduction to Fitness, Strength Training, Returning to Fitness</td>
<td>Laura is from Italy. If you change the &quot;o&quot; in her last name to an &quot;a,&quot; it becomes &quot;Sana-Via,&quot; which means &quot;healthy route&quot; in Italian. If you need recommendations for authentic Italian foods, Laura is a gelato, past and pizza expert.</td>
</tr>
<tr>
<td>LIZ AU</td>
<td>NSCA Certified Personal Trainer, TRX Suspension Training</td>
<td>Introduction to Fitness, Strength Training, Returning to Fitness</td>
<td>Liz is a professional Taiko musician and Friends fanatic.</td>
</tr>
<tr>
<td>MELODY SAYERS</td>
<td>NASM Certified Personal Trainer</td>
<td>Introduction to Fitness, Strength Training, Returning to Fitness</td>
<td>Melody is a double threat in the health and wellness industry, for she also happens to be a registered dietitian.</td>
</tr>
</tbody>
</table>
NATE BILTZ
Certifications
NSCA Certified Personal Trainer
Specialties
Introduction to Fitness
Strength Training
Performance and Functional Training
Fun Fact
Nate played golf at Fresno City College before attending UCLA. He is a competitive powerlifting athlete and avid hiker. During his free time, he enjoys reading, writing and playing the guitar.

QUINN MALONEY
Certification
ISSA Certified Personal Trainer
Specialties
Performance and Functional Training
Introduction to Fitness
Sports Training
Fun Fact
Quinn loves the Rocky and Creed films. If his life were a movie, he would like Michael B. Jordan to play him.

RACHEL MACKENZIE
Certification
NSCA Certified Personal Trainer
Specialties
Performance and Functional Training
Introduction to Fitness
Strength Training
Fun Fact
Rachel is pursuing a degree in Molecular Biology at UCLA but loves to fill her free time with weight training, cooking, and endless amounts of Thai food. She believes that exercise is good for the soul and is an act of self-care.

RAMAN SHARMA
Certification
ACE Certified Personal Trainer
Specialties
Strength Training
Performance and Functional Training
Introduction to Fitness
Fun Fact
Raman used to be a celebrity trainer in India.
ROB SANCHEZ

Certification
NSCA Certified Strength and Conditioning Specialist

Specialties
Strength Training
Performance and Functional Training
Agility and Change of Direction Training

Fun Fact
Rob is terrified of heights but has learned to enjoy zip lining.

SEAN COLEMAN

Certification
NSCA Certified Personal Trainer

Specialties
Strength Training
Introduction to Fitness
Performance and Functional Training

Fun Fact
Sean is an avid scuba diver and can be found spearfishing around the Channel Islands in his spare time.

SUZANNE REYES-IWERSEN

Certification
NSCA Certified Personal Trainer

Specialties
Strength Training
Introduction to Fitness
Returning to Fitness

STEVEN YOUNG

Certification
NSCA Certified Personal Trainer

Specialties
Strength Training
Performance and Functional Training
Introduction to Fitness
<table>
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<tr>
<th>TERE FILER</th>
<th>Certification</th>
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<tr>
<td></td>
<td>ACE Certified Personal Trainer</td>
<td>Strength Training</td>
<td>Tere is a former aerobics studio owner and mountain climber with 30 years of personal training experience. She remains a world traveler!</td>
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<tr>
<td></td>
<td>ACE Group Fitness Instructor</td>
<td>Returning to Fitness</td>
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<td></td>
<td>ACE Certified Senior Fitness Specialist</td>
<td>Strength Training</td>
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<tr>
<th>TAZ SAZZAD</th>
<th>Certification</th>
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<tr>
<td></td>
<td>NSCA Certified Personal Trainer</td>
<td>Strength Training</td>
<td>Taz is a competitive Power Lifter but really an ice cream connoisseur at heart.</td>
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<th>VIKRAM PRATHAP</th>
<th>Certification</th>
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<td></td>
<td>NSCA Certified Personal Trainer</td>
<td>Introduction to Fitness</td>
<td>Vikram was a lacrosse goalie for seven years. He now tends to move towards thing that are thrown at him instead of away.</td>
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<th>VINCENT HERNANDEZ</th>
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<td>Strength Training</td>
<td>Vincent moved from France to the US to study entrepreneurship in fitness at UCLA. As a model, he mastered the science of fitness and now wants to train his clients to achieve their own personal goals. In his free time, Vincent meditates and reads spiritual books.</td>
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ELLEN KELLY

Certification
Certified Athletic Trainer

Specialties
Injuries and Medical Conditions
Performance and Functional Training
Strength Training

Fun Fact
Aside from personal fitness training, Ellen is a public high school teacher!

*Trainer is not accepting new clients at this time.

PETER STAMATAPOULOS

Certification
Stott Pilates
ACE Certified Personal Trainer and Group Instructor
ACE Clinical Exercise Specialist

Specialties
Performance and Functional Training
Injuries and Medical Conditions
Returning to Fitness
Pilates

Fun Fact
Peter is a formidable martial artist and can be seen training daily at the John Wooden Center. He is UCLA Recreation’s resident Pilates instructor, also known as “Pilates Peter.”

ISABELLE DU SOLEIL

Certifications
Yoga Alliance ERYT 500
Ph.D. in Biology and Pharmacy

Specialties
Yoga
Flexibility
Stress Reduction and Meditation
Strength Training

Fun Fact
Isabelle loves teaching core exercises and counting in other languages such as French, Spanish and Italian. Isabelle is originally from Paris, France.