

# OLD BRIDGE FAMILY YMCA OUR TEAM



## TAMARA GRIEBELL

---



**T**amara is NASM Personal Trainer Certified. She specializes in Corrective Exercise, TRX suspension Training, Aqua Kinetics/Aqua Performance, Functional Movement Screening, Group Fitness Exercise, Special Population and Wellness. Tamara loves to help people get healthier and fit and make a difference in other people's lives. Fun fact Tamara loves the beach and summertime.

---

## JERMAINE TUITT

---



**J**ermaine is a NASM Personal Trainer, NASM Group Personal Trainer Specialist, TRX Certified Trainer, NASM Golf Fitness Specialist, NASM Integrated Balance Training, Everlast Certified Strike Specialist. How to stretch and mobilize Certified, Diet and Nutrition Certified. Jermaine has always been conscious and passionate about health, fitness, exercising, and nutrition.

Being a Personal Trainer allows him to practice what he loves daily while enhancing and improving his clients quality of life.

---

For more information, e-mail us  
at: [vcottone@ymcanj.org](mailto:vcottone@ymcanj.org)

[ymcanj.org](http://ymcanj.org)