

# FREEHOLD FAMILY YMCA OUR PERSONAL TRAINER TEAM



## FELICIA ADAMS



**F**elicia is an ACE Personal Trainer, ACE Group Exercise Fitness Instructor, TIVITY Health Silver Sneakers, Classic, Splash. She holds a bachelor in Science, Nursing, and a Bachelor in Arts, Public Speaking and Rhetoric. Felicia feels that, as a registered nurse, she has always made health and wellness a priority in her training. Growing up she was an avid swimmer and eventually found her way to the gym and has been working out ever since. She decided to turn her passion towards exercise into a profession first as a Group Fitness instructor and then a Personal Trainer.

## BRYANNA LONG



**B**ryanna is certified as a WITS Level 2 Certified Personal Trainer and Group Fitness Instructor. She is also a Registered Nurse, and recently graduated with her Bachelor of Science in Nursing. Bryanna became a personal trainer since fitness has benefited her in every aspect of daily life, and she is excited to help others on their fitness journey. Bryanna aims to educate her clients on safe exercise practices and create a strength training exercise program that is fun and effective.

## LISA PARACHINI



**L**isa is an AAAI/ISMA Certified Personal Trainer and Group Fitness Instructor for over 10 years. She loves working with all ages and abilities and sharing her love for health and wellness. In addition, she is also certified in massage therapy and truly believes in the body's ability to heal itself through movement.

## MICHELE FREEDMAN



**M**ichele is a WITS Certified Personal Trainer, AFAA Group Exercise Instructor and Mad Dogg Spin Instructor Certified. When training her clients, she likes to focus on functional training designed to optimize strength while incorporating cardiovascular endurance. Michele enjoys training clients of all ages and abilities. She believes in training clients slow and steady to avoid injuries, while encouraging a healthy lifestyle. Michele is a lifelong athlete who has been involved in competitive soccer and gymnastics. In addition, she's completed numerous triathlons and marathons, and considers herself, in her 50s, she is at her best and healthiest shape of her life.

## JEAN MARTIN



**J**ean is ACE Personal Trainer Certified, ACE Fitness Group Exercise Certified, Ace Fitness Health Coach, ACE Fitness Seniors Fitness Specialist, ACE Fitness Sports Nutrition Specialist, Biomechanics Corrective Exercise Specialist, SCW Fitness Yoga I and Yoga II Certified, SCW Fitness Boxing Certified, SCW Fitness Mat Pilates Certified, SCW Fitness Functional Pilates Certified. Jean loves running and participating in races from 5km to marathon distances, and Spartan Obstacle races, and triathlons. Jean quit smoking in 2004 and that's when she started running and exercising. She became a personal trainer to help guide and encourage others that it is possible to be the best "you", it is possible to improve their strength and balance and make mindful decisions for nutrition.

For more information, e-mail us at:  
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## ABBY SKURAT



**A**bbby is a NASM Certified Personal Trainer, NASM Group Training, NASM Corrective Exercise Specialist, BOSU Training, Mad Dogg Spin Certified, REZIST Certified and holds a 200 hrs of Yoga Certification. Abby is an active person who enjoys helping others in their journey to health and wellness. She works with her clients to meet their own goals by developing programs that work best for their needs. Some of Abby's hobbies are hiking, fishing, running, and country line dancing.

## LOU TORTORELLI



**L**ou is an ACE since 1992. His experience lies primarily in using progressive resistance exercises including free weights and selected machine apparatus for the purposes of overall personal improvement. He also a retired educator with the State of New Jersey having earned a Bachelors Degree in Psychology and a

Masters Degree in School Counseling, with an appreciation of the motto, "A strong mind in a strong body." Lou trained enthusiasts of all ages to participate in drug-free powerlifting competitions, sports activities, and to just enjoy the fulfillment of living a strong and healthy life. He believes it is important to assist clients in working towards becoming their own best trainer and for them to learn what works best to reach their individual greatest potential. He is a member of the United States All Around Weightlifting Association (USAWA) as well as being a member of the Association of Oldtime Barbell and Strongmen.

## LISA MC GOVERN



**L**isa is a AFPA Certified Personal Trainer, NETA Certified Group Fitness Instructor, Certified Insanity Instructor and p90X Instructor. Lisa has also Metabolic and Hormone Experience and Competition Training experience. Lisa believes that fitness is more than just looking good, it's a journey to being healthy and fit both

inside and out. Lisa thinks that we train for life because life is our biggest challenge. The reason she became a personal trainer was so that she could share her passion for health and fitness with other people. Her purpose is to help people on their journey to being healthy and fit and achieve their fitness goals whatever they may be.

## HOWARD BOLTON



**H**oward is a Certified Personal Trainer and Sports Conditioning expert with 10 plus years experience. His passion is to help people change their lives in the simplest and most realistic way possible. He believes everyone deserves the right to good health and to be happy with themselves inside and out. He is open to working

with many types of clients and truly values the importance of fitness. Most importantly it helps people to know and become aware of the importance of physical fitness in their lives.

For more information, e-mail us at:  
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