

ANNA DZWONIAREK



Certification
NSCA Certified Personal Trainer

Specialties
Strength Training
Introduction to Fitness
Performance and Functional Training

Fun Fact

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.

DANNY JUAREGUI



Certification
NSCA Certified Personal Trainer

Specialties
Strength Training
Functional and Performance Training
Introduction to Fitness

Fun Fact

Danny loves to serenade his classes and clients. Danny can't high five, but he can hold a 10-second hand stand.

**Trainer is not accepting new clients at this time.*

EDWARD PEDROZA



Certification
NSCA Certified Personal Trainer

Specialties
Strength Training
Functional and Performance Training
Introduction to Fitness

Fun Fact

Edward has been a Law Enforcement Explorer for the last six years and has competed in numerous regional and national Explorer competitions. He loves dogs and is ridiculously ticklish.

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.

EM CHANG



Certification
NSCA Certified Personal Trainer

Specialties
Strength Training
Injuries and Medical Conditions
Returning to Fitness

Fun Fact
Em is an avid photographer and videographer, and is the person behind the camera in many of the UCLA Recreation photos and videos!

EMILY CARTER



Certification
NSCA Certified Personal Trainer

Specialties
Strength Training
Returning to Fitness
Introduction to Fitness

Fun Fact
Emily is originally from San Diego. In addition to helping clients achieve their strength and conditioning goals, Emily is a dancer and Certified Ballet Instructor.

HARRY FRANKLIN



Certification
NSCA Certified Personal Trainer

Specialties
Military Fitness
Sports Training
Olympic Lifting

Fun Fact
Harry is a competitive Olympic Weightlifting athlete and is a self-proclaimed old soul. He loves Blues and Rock and Roll.

HUMBERTO MEDINA



Certification
NSCA Certified Strength and Conditioning Coach

Specialties
Introduction to Fitness
Sports Training
Performance and Functional Training

Fun Fact
Aside from being a part of the FITWELL staff, Humberto is the head football strength and conditioning coach at LA Valley College.

JONATHAN EDWARD



Certification

NASM Certified Personal Trainer
NASM Performance Enhancement Specialist
NASM Corrective Exercise Specialist
RYT-200

Specialties

Performance and Functional Training
Returning to Fitness
Introduction to Fitness

Fun Fact

Jonathan is a fitness enthusiast, free spirit, dancer and lover of music, dogs, nature and positive vibes.

JONATHAN HAGMAN



Certification

NSCA Certified Personal Trainer

Specialties

Strength Training
Military Fitness
Introduction to Fitness

Fun Fact

Jonathan is pursuing a Political Science degree at UCLA. He is also the proud owner of a signed photo with Arnold Schwarzenegger.

JORDAN PERRY



Certification

NSCA Certified Personal Trainer

Specialties

Sports Training
Performance and Functional Training
Strength Training

Fun Fact

Jordan played football at Santa Monica College. In addition to being part of the FITWELL team, he is an aspiring professional athletic trainer.

JOR-EL VAASBORG



Certification

NSCA Certified Personal Trainer

Specialties

Strength Training
Returning to Fitness
Introduction to Fitness

Fun Fact

Jor-el is an active member of the entertainment industry in Los Angeles and works both in front of and behind the screen!

JOSEFINE HOLMBERG



Certification

NSCA Certified Personal Trainer
USAW Sports Performance Coach Level 1
Eleiko Personal Trainer

Specialties

Strength Training
Olympic Lifting
Introduction to Fitness

Fun Fact

Josefine is a Swedish fitness enthusiast who loves Olympic weightlifting and CrossFit. She lives by the motto, "Believe in yourself!"

JUSTIN LUI



Certification

NSCA Certified Personal Trainer

Specialties

Strength Training
Introduction to Fitness
Olympic Lifting

Fun Fact

Justin is a UCLA pre-med student majoring in Economics. He enjoys working on functional strength and bodybuilding.

KAREN MYERS COBB



Certification

ACSM Health Fitness Instructor
MD Medicine

Specialties

Returning to Fitness
Injuries and Medical Conditions

Fun Fact

Karen is known for her patience in her work with the aging and those affected by neuromuscular disease, especially Parkinson's Disease and stroke.

KEVIN YANG



Certification

NASM Certified Personal Trainer

Specialties

Strength Training
Performance and Functional Training
Sports Training

Fun Fact

Kevin graduated from UCLA with a degree in World Arts & Cultures and African American Studies. He is a former UCLA Track and Field athlete and training to qualify for the Barbados National Team. Kevin is also a portrait photographer.

KC REISCHERL



Certification

NSCA Certified Personal Trainer
USA Gymnastics
TRX Suspension Training
CrossFit

Specialties

Strength Training
Performance and Functional Training
Gymnastics

Fun Fact

KC spent a number of years on Broadway and was in a Coen Brothers movie. He is now our celebrity MoveMail trainer!

LIZ ISHIDA



Certifications

NSCA Certified Personal Trainer
TRX Suspension Training

Specialties

Introduction to Fitness
Strength Training
Returning to Fitness

Fun Fact

Liz is a professional Taiko musician and Friends fanatic.

MARA PERSCHEID



Certification

NCCPT Certified Personal Trainer
Kettlebell Level 1

Specialties

Performance and Functional Training
Injuries and Medical Conditions
Strength Training

Fun Fact

Mara has an extensive background in Taekwondo as both a competitor and coach. She is also an EMT!

NOLAN RUBIN



Certification

NSCA Certified Personal Trainer

Specialties

Performance and Functional Training
Sports Training
Strength Training

Fun Fact

Nolan is studying Psychology at UCLA. He has experience teaching Olympic Weightlifting and preparing individuals to enter the military.

OLIVIA JULIAN



Certification

NSCA Certified Strength and Conditioning Specialist

Specialties

Strength Training
Performance and Functional Training
Introduction to Fitness

Fun Fact

Olivia is a UCLA alumna. She can be seen demonstrating pull ups and handstands at all staff trainings!

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.

RYAN MATTHEWS



Certification

NSCA Certified Strength and Conditioning Specialist

Specialties

Performance and Functional Training
Injuries and Medical Conditions
Returning to Fitness

Fun Fact

Ryan not-so-secretly enjoys watching Golden Girls.

SERGIO GUEVARA



Certification

NSCA Certified Strength and Conditioning Specialist

Specialties

Sports Training
Performance and Functional Training
Conditioning and Muscular Endurance

Fun Fact

Sergio coaches the UCLA Men's Club Soccer team and played professional soccer in Nicaragua. However, he'd much rather watch basketball. Sergio is a current Kinesiology graduate student at CSUN.

TRACY JAMES



Certification

NSCA Certified Personal Trainer
ACSM Group Exercise Instructor

Specialties

Strength Training
Introduction to Fitness
Returning to Fitness

Fun Fact

Tracy is also a certified dog trainer and teaches group fitness classes for people and their dogs. When not training, she is most likely blues or swing dancing!

VIKRAM PRATHAP



Certification

NSCA Certified Personal Trainer

Specialties

Introduction to Fitness
Strength Training
Functional and Performance Training

Fun Fact

Vikram was a lacrosse goalie for seven years. He now tends to move towards things that are thrown at him instead of away.

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
Relaxation and Breathing

Fun Fact

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