

ADRIAN GONZALEZ



Certification

NSCA Certified Strength and Conditioning Coach
USAW Level 1 Sports Performance Coach

Specialties

Olympic Lifting
Performance and Functional Training
Speed and Agility Training

Fun Fact

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.

ANDREW NGUYEN



Certification

NASM Certified Personal Trainer

Specialties

Strength Training
Introduction to Fitness
Performance and Functional Training

Fun Fact

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.

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.

BEN SPIEVAK



Certification

PTA Global

Specialties

Strength Training
Introduction to Fitness
Performance and Functional Training

Fun Fact

Ben is a current UCLA student majoring in Business and Economics. He participates in Greek Life and played Water Polo in High School.

CINDY ENGLE



Certification

MS Kinesiology
USAW Sports Performance Coach
CrossFit Level 1, 2 and Gymnastics

Specialties

Sports Training
Introduction to Fitness
Performance and Functional Training

Fun Fact

Cindy swam competitively in college and can be seen swimming with the Bruin Masters on campus at 5:45am.

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.

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.

JESSE OPPENHEIMER



Certification

NSCA Certified Personal Trainer

Specialties

Strength Training
Athletic Performance
Performance and Functional Training

Fun Fact

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.

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.

JOSHUA GALANTI



Certification

ACSM Certified Personal Trainer

Specialties

Introduction to Fitness
Endurance Training
Military Fitness

Fun Fact

Joshua is a certified EMT and likes to ride motorcycles in his spare time.

JULIANE NGUYEN



Certification

MSW/MPH
NSCA Certified Personal Trainer
TRX Functional Training

Specialties

Introduction to Fitness
Performance and Functional Training
Returning to Fitness

Fun Fact

Juliane is an adrenaline enthusiast. She's been bungee jumping and has completed a Tough Mudder, the LA marathon and even an Iron Bruin!

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.

NATE BILTZ



Certifications

NSCA Certified Personal Trainer

Specialties

Introduction to Fitness
Strength Training
Performance and Functional Training

Fun Fact

Nate played gold 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.

NATE GIRMA



Certification

NSCA Certified Strength and Conditioning Coach
NASM Performance Enhancement Specialist

Specialties

Performance and Functional Training
Sports Training
Introduction to Fitness

Fun Fact

When Nate isn't coaching, he's probably hiking, looking for the best food in LA, or petting other people's dogs.

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 and our resident gymnastics demonstrator. She cries tears of joy whenever she sees a dog.

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.

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!

TAZ SAZZAD



Certification

NSCA Certified Personal Trainer

Specialties

Strength Training
Introduction to Fitness
Performance and Functional Training

Fun Fact

Taz is a competitive Power Lifter but really an ice cream connoisseur at heart.

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.