

**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.

**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.

**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.

**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.

## 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 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.