

Christine Miller

Christine believes the most important thing in life is having a POSITIVE ATTITUDE! A person's mind is a very powerful tool and I believe achieving success with your body starts with your mind. I like to make exercise programs challenging and fun for every individual. I want people to enjoy exercise so it can be both physically and mentally rewarding. I am dedicated in understanding each individual's needs and help you get into the best physical shape you can be in. I want you to feel better about yourself both inside and out. I want to help you achieve your goals by designing and monitoring a training program that will help you achieve your goals.

PROFESSIONAL EXPERIENCE

BA Degree, International Business – Augsburg College
RKC (Russian Kettlebell Certification) Personal Trainer
American Heart Association CPR Certified
Over 3 years experience working with Russian Kettlebells
Gymnastics Coaching Individual, small, and large group training

Tony Savage

Tony brings 13 years of personal training experience with him to River Valley Athletic Club. An NASM certified trainer here, Tony has worked with top national competitive bodybuilders and power lifters, top college athletes, and the finest personal trainers in the country. In addition to personal training, he is certified in assisted stretching and Muay Thai.

He's been interested in fitness since a very young age-in high school you couldn't keep him out of the gym and he's continued, true to form, since then.

Melissa Snyder

Melissa is dedicated to helping you realize your fitness goals. I will educate, motivate, and inspire you throughout your training sessions. You can expect a customized personal training program tailored just for you, complete with techniques and training tips. I also provide you with an individual benchmark assessment, and complete nutritional plan to meet your needs.

Melissa is certified in Personal Training and Nutritional Consultation for the National Personal Training Institute (N.P.T.I.) Melissa is also an avid marathon competitor.

Dana Lenander-Tholo

Dana is an ACE Certified Personal Trainer specializing in lifestyle and weight management. She also services as a group fitness instructor and is certified yoga Instructor with over five year's of experience.

An RVAC member since '92 Dana enjoyed her time here enough to make a career of personal training. She's been with us since 2000.

Dana describes her motivational style as either a "drill sergeant or hand holder, Depending on the client," and describes herself as "outgoing, dedicated, and decisive with Scandinavian work ethic."

If you're interested in changing the lifestyle patterns that contribute to weight issues, or if you have back or joint issues, contact Dana. She'll work with you to modify your Lifestyle to include proper eating, proper workout techniques and help you alleviate back And joint pain through exercise and proper stretching (including yoga).

In her downtime, Dana rescues dogs from abusive situations (she currently has six, "three Big and three little", cares for a diabetic cat, and tends perennial garden. She's married with two kids and says she's happy at home spending time with them.

Cherlyn Wisher

Cherlyn is a certified Pilates Group Instructor, and certifies Pilates and Pilates Reformer Personal trainer. She's taught at River Valley for five years and has been an avid Pilates Student for nine years.

Her fitness philosophy is to "find fitness activities you love-then it doesn't seem like Work." Her motivational style is "part teacher and part drill sergeant" and she describes Her personality as "nurturing, demanding, compassionate and driven."

Cherlyn's passion for Pilates is unequivocal:"The joy of Pilates is that it can be modified To all the fitness level and age groups. I can make a top athlete beg for mercy or make someone physically compromised beg for more. Pilate speaks to my mind, body and soul-it is joy and satisfaction that I want to teach to others.

Georgene Gray

Georgene Gray is a certified group fitness and personal trainer through NETA.

Georgene holds specialized certifications with:

- Madd dogg Spinning certification
- Kettle Bells
- Pilates Matt
- Senior exercises
- TRX Suspension training.

Georgene is a well rounded trainer who can take you to your next level of fitness. Weather you are training for a special event or have injuries you want to heal she can be of service. Georgene also can train for everyday goals of wanting to be fit or having a healthier lifestyle. Georgene has studied fitness and nutrition since 1984 and is always on the cutting edge but believes keeping it simple is the best.

Let Georgene personalize your training plan to your personal needs and goals.

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