

MEET YOUR TRAINER

# ALODI

Certified Personal Trainer



## CERTIFICATIONS & EXPERIENCE:

ISSA Certified Personal Trainer, CPR/AED Certified. She has been working in the fitness industry for 9 years and training for 5 years.

## PRIMARY FOCUS:

Fat-loss, Endurance Training, Muscle Building, Postpartum Coaching, and Strength & Conditioning, Certified Glute Specialist, Group Exercise

## BIO:

I am a Personal Trainer, certified with ISSA. I have been working in the fitness industry for 10 years and training for 6 years.

My passion is being the bridge between you and your fitness success. I create personalized training plans that are built around your needs and goals, whether that means fat loss, building strength, or simply feeling better in your everyday life.

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# APRIL

Certified Personal Trainer



## CERTIFICATIONS & EXPERIENCE:

(NASM) Certified Personal Trainer, CPR/AED Certified

## PRIMARY FOCUS:

April Lewis is a Certified Personal Trainer (CPT) through the National Academy of Sports Medicine (NASM), with a specialization in weight loss. With nearly 4 years of experience training clients, April is passionate about helping others achieve their fitness and nutrition goals.

## BIO:

Along with training, April emphasizes the importance of nutrition in achieving fitness goals, knowing that a balanced approach leads to lasting results. Whether you're looking to lose weight, build strength, or simply live a healthier lifestyle, April is committed to guiding you every step of the way with personalized, sustainable fitness and nutrition advice.

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# BRENDON

Certified Personal Trainer



## CERTIFICATIONS & EXPERIENCE:

Brandon is an IFTA Certified Personal Trainer.

## BIO:

I have been pursuing a career in professional bodybuilding since 2017 and have been training people for almost as long. My passion for the process is, what I would consider, one of my strongest attributes. I am naturally a teacher so be prepared for a lot of science along with what you might consider "basic" personal training, not only is it my goal to show you how to workout, it is an even bigger goal of mine to have you understand the "why?"

This process that I have developed has shown over the years I've been using it to be very effective, resulting in a much less likelihood of needing to find a new personal trainer once you inevitably take off from beautiful Germany!

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# PAOLA

Certified Personal Trainer



## CERTIFICATIONS & EXPERIENCE:

Paola is a ISSA-certified Personal Trainer and Physical Therapy Assistant (2021).

## BIO:

Although I fell in love with fitness at a young age, life got in the way and I stepped back from it. In 2021, I decided to make a change. I was struggling with very low self-esteem and felt unhappy in my body, especially because I was extremely underweight.

Over time, I worked hard on gaining healthy weight, rebuilding my confidence, and shifting my mindset. That experience led me to realize how passionate I am about helping others feel better about themselves—not just physically, but mentally too.

Now, my mission is to support and guide others on their fitness journey so they can feel strong, healthy, and empowered.