

MJCCA Personal Trainers



Demitri Knowles

Personal Training Manager
Expertise: Rehabilitation, Sports Conditioning, Functional Training



Alicia Nalls

Expertise: Seniors, Functional Training, Balance & Fall Prevention



Bryan Jackson

Expertise: Functional Training, Special Populations, Balance & Fall Prevention



Cole Heaberlin

Expertise: Functional Training, Balance & Fall Prevention, Bodybuilding & Sculpting



Eriq Fadahunsi

Expertise: Functional Training, Bodyweight & Calisthenics, Yoga & Flexibility



Folajimi Fadahunsi

Expertise: Group Training, Balance & Fall Prevention, Nutrition



Jalen Howard

Expertise: Functional Training, Bodybuilding & Sculpting



Jess Zeewy

Expertise: Weight Management, Functional Training, Nutrition



Ofer Nisson

Expertise: Rehabilitation, Functional Training, Balance & Fall Prevention



Tina Luftig

Expertise: Functional Training, Balance & Fall Prevention, Bodybuilding & Sculpting