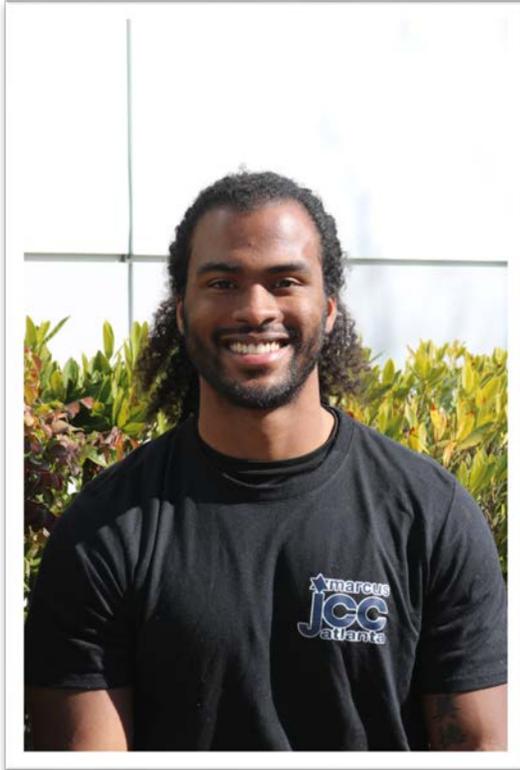


# MEET YOUR PERSONAL TRAINERS



# KE'SHAWN BUSSEY



## **Certifications**

ASCM Exercise Physiologist

## **Fitness Philosophy**

“Fitness is about learning and challenging your body. When you work with me, expect to learn and to be reasonably challenged. You will achieve and succeed.”

## **Background**

Ke'Shawn has been training people of all ages, helping them become better athletes and better versions of themselves since 2015. He loves training people because of the variety it provides them. For Ke'Shawn, every week brings new clients and new challenges, and nobody's situation is ever the same. Ke'Shawn says about being a personal trainer: “I never stop learning and being challenged, it keeps me on my toes.”

# DEANNA BUSTILLOS



## Certifications

ACE Personal Trainer, RealRyder Instructor, USA Swimming Coach

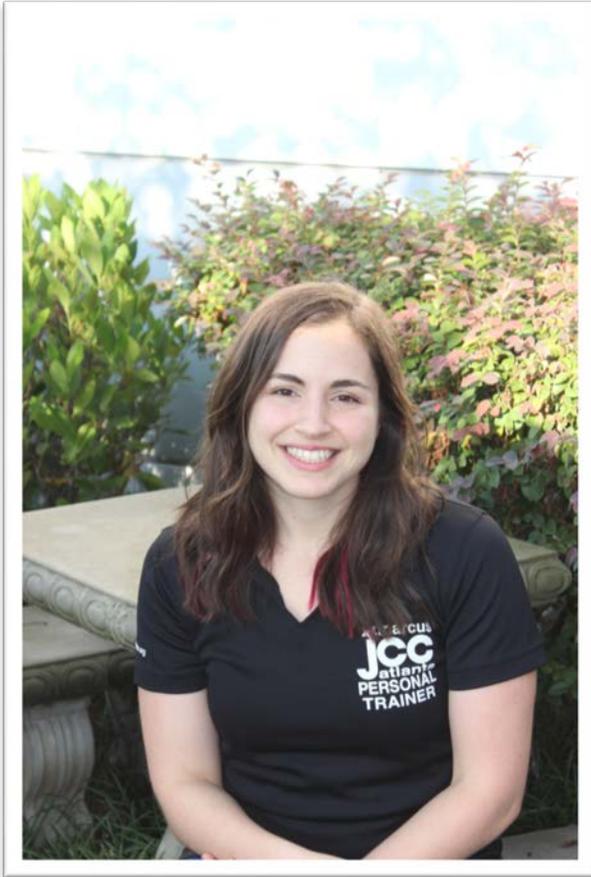
## Fitness Philosophy

“Fitness is being comfortably uncomfortable. If you're ready to make a change to a healthy lifestyle, I'm your girl. I will help you see your potential in strength, cardiovascular endurance, flexibility/mobility, and balance.”

## Background

Deanna is a Swim Instructor, Water Aerobics Instructor, and Personal Trainer at the MJCCA. The MJCCA gave her a new take on life after participating in The Biggest Loser Challenge in 2014. After losing more than 100lbs, Deanna was inspired to help others lead a healthier lifestyle.

# VALERIE CHAMBERS



## Certifications

ACE Personal Trainer, TRX® Trainer, Pre- and Post-Natal Fitness Specialist (ICEA)

## Fitness Philosophy

“Enjoy being in the moment and living the life that’s right in front of you. Fitness can be achieved no matter what you’re doing.”

## Background

Valerie wears many hats at the MJCCA; she works as Personal Trainer, Wellness and Shalom Baby Coordinator, and FitLine™ Instructor. Valerie has experience working with a wide variety of populations through many fitness domains including strength training, balance, injury prevention, endurance training, and mindful based practices.

# SHELLY DALENE

## Certifications

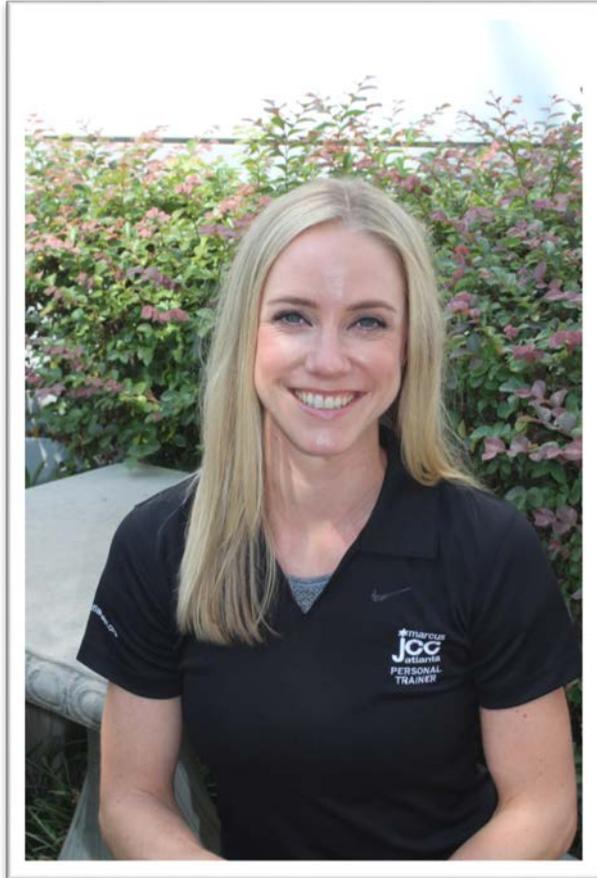
AFAA Personal Trainer, TRX® Instructor

## Fitness Philosophy

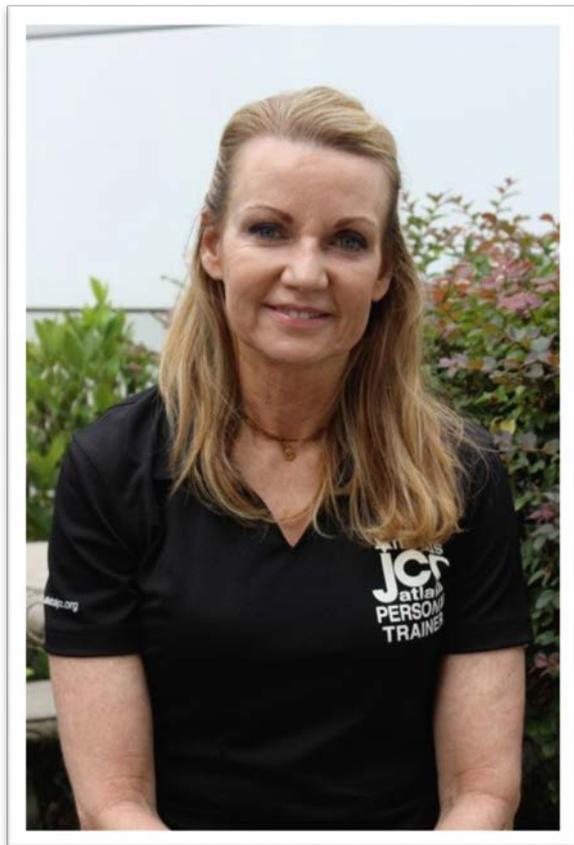
"The more you move the better you feel. I'm passionate about helping my clients achieve movement in any way they find enjoyable and safe. I love working with all ages and fitness levels. I like to give homework to my clients because your movement should never stop, and who doesn't like to learn?"

## Background

Shelly has been a trainer at the MJCCA for over five years. She is currently a Personal Trainer, FitLine™ Instructor, Stick with It Instructor, and Youth Fitness Instructor. She loves making everyone feel at ease in the gym and believes that fitness is for everyone. When working out with Shelly you can look forward to learning how to use the gym. She designs each workout specifically for each person's needs and goals. Expect a fun but challenging workout each and every time when working with Shelly.



# KAREN GOLDSTEIN



## Certifications

ACE Group Exercise, Yoga 200 RYT, STOTT® Pilates Level I, SilverSneakers® Instructor, LesMills™ BODYFLOW®

## Fitness Philosophy

"Honor your Body. Fitness can be enjoyable and doesn't have to be painful. When working with me, expect a fun, safe, and challenging workout tailored to your needs and personal goals."

## Background

Karen teaches many different fitness classes at the MJCCA, including SilverSneakers® Classic, Circuit and Yoga, as well as Group Exercise classes and STOTT® Pilates group, semi-privates, and privates. She is also currently working toward her Yoga 500 RYT. After 28 years, Karen considers Atlanta her home, but she was born in Zimbabwe and lived in South Africa. Karen is passionate about all she does and loves seeing people succeed and have fun doing it.

# BARRY GOPPMAN



## Certifications

ACE Personal Trainer, Certified Group Fitness Instructor (Spinning®/Core, Abs/HIIT/Tabata/Bootcamp/Functional Fitness)

## Fitness Philosophy

“I am extremely positive and always emit a “can do” attitude. My style is always based on the client’s needs and desires and in finding success in being able to deliver what the client wants. I am passionate about helping people believe in themselves and helping them build a stronger self. I believe that the development of the core is the bases of any fitness program.”

## Background

Barry is a longtime, high-energy fitness advocate and professional. He has competed in many triathlons and marathons. He is excited to understand an individual's fitness and lifestyle goals and helps them achieve them..

# SUSAN HEIDT



## Certifications

AFAA Certified Personal Trainer, AFAA Certified Weight Trainer, IM=X Pilates Instructor, STOTT® Trained Pilates Instructor

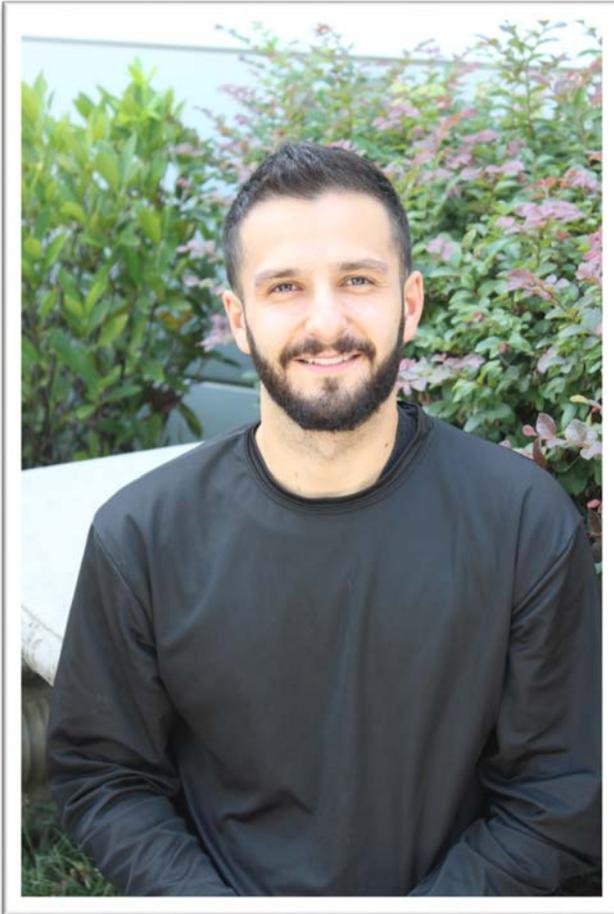
## Fitness Philosophy

“From personal experience, I’ve learned that one must take care of themselves, to take care of others. From couch potato to fitness instructor, I’ve learned you can have a fun and happy life and still enjoy the things you love. If you have a goal and wish to accomplish it, I can help you! If you'd like your arms to look better in your sleeveless dress or you'd like to see a little more power in your tennis swing, I can help! My philosophy is that workouts should be fun and productive, focusing on strength and flexibility. I’ll show you what to do and more importantly, what not to do.”

## Background

Susan currently works as a certified Personal Trainer/ Pilates Instructor and has worked at the MJCCA since 1999. She has worked with the Dekalb Rape Crisis Center, as well as Martial Hearts (Women’s Self Defense and Empowerment), and has recently become a CERT (Community Emergency Response Team) Responder.

# AMIR LONDON



## **Certifications**

ACE Personal Trainer, Precision Nutrition Level 1, Physical Therapy Tech

## **Fitness Philosophy**

“Fitness can always be fun. It also has to be effective and safe to see results. Every training session with me is strategically planned to bring my clients one step closer to their fitness goals. I enjoy a variety of training focuses, but my passions are sports specific training and injury rehabilitation.”

## **Background**

Amir is currently a Personal Trainer, FitLine™ Instructor, and Youth Fitness Instructor at the MJCCA. A 3-sport varsity athlete in high school, Amir went on to coaching after graduating from college, while also working as a Physical Therapy Rehabilitation Tech in both inpatient and outpatient settings for over three years.

# ISAIAH MILLER



## **Certifications**

ASFA Certified Personal Trainer, Interim/Assistant USAJTF Coach, Continuing Education in Exercise Science

## **Fitness Philosophy**

“I believe that the mind, body, and spirit work together. Through the conduit of physical wellness, one can improve their state of the mind and spirit along with the body. This is the way we can get our bodies to perform the way nature intended.”

## **Background**

Isaiah is a Personal Trainer and FitLine™ Coach at the MJCCA. He enjoys playing sports, working out, and meeting new people. He believes that seeking optimal health and fitness is a necessary part of living a fulfilling life.

# RACHAEL RINEHART

## Certifications

ACE Group Exercise, ACSM Personal Trainer, TRX® Trainer, RealRyder Trainer, Kidding Around Yoga Instructor, Zumba® Licensed, ACE Fitness Nutrition Specialist

## Fitness Philosophy

“Fitness to me is more than working out and looking great. It’s a lifestyle. The most enjoyable thing for me is to see the positive changes that come with living a healthy lifestyle. I love educating and enhancing my clients’ bodies and minds. I love making all of my clients feel comfortable in the space they are in, and I teach them that exercise can be fun and enjoyable.” My style is functional movement. I love incorporating bands, balls, ropes, and boxes. Anyone at any level can train with me and feel comfortable.”

## Background

Rachael has been working in fitness since she graduated from college in 2006. Rachael currently serves as the MJCCA’s Director of Personal Training, Pilates, and Fitness Operations. She holds a Bachelor of Arts in Physical Education with a minor in Exercise Science from Marshall University, and a Masters in Public Health from Florida International University.



# JEFF ROSENBLUM



## Certifications

ACE Certified Personal Trainer, PlantBased Nutrition Certificate

## Fitness Philosophy

“You can look and feel your absolute best by minimizing your pain and maximizing your function through a safe and effective exercise program and a healthy and fit lifestyle. My purpose each and everyday is to help clients achieve that.”

## Background

Jeff grew up in New York City playing several sports, but baseball was his primary focus. Throughout his college years, he ran baseball summer camps and winter clinics for kids, with a specific emphasis on fitness and conditioning. In 2002, Jeff followed his passion for health and fitness by becoming a Personal Trainer. For a national fitness and nutrition solutions company His specialty areas include posture assessment & corrective exercise, core & spinal stabilization, total body flexibility & strength, injuries & post rehab, and nutrition & weight management. In addition, Jeff is a passionate vegan, and earned a Plant-Based Nutrition Certificate from eCornell and T. Colin Campbell Center for Nutrition Studies in June 2014.

# NANCY SHAPIRO

## Certifications

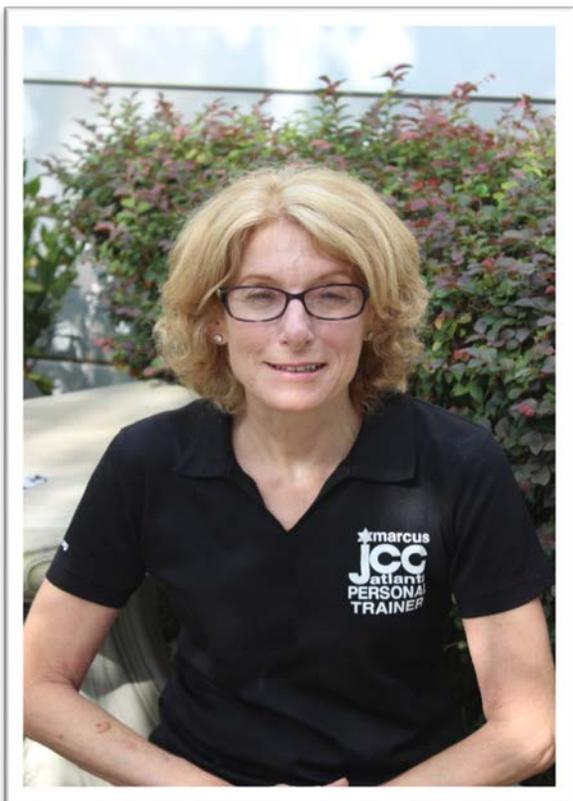
AFAA Personal Trainer, Healthways Group Exercise Instructor, IFTA Aqua Instructor

## Fitness Philosophy

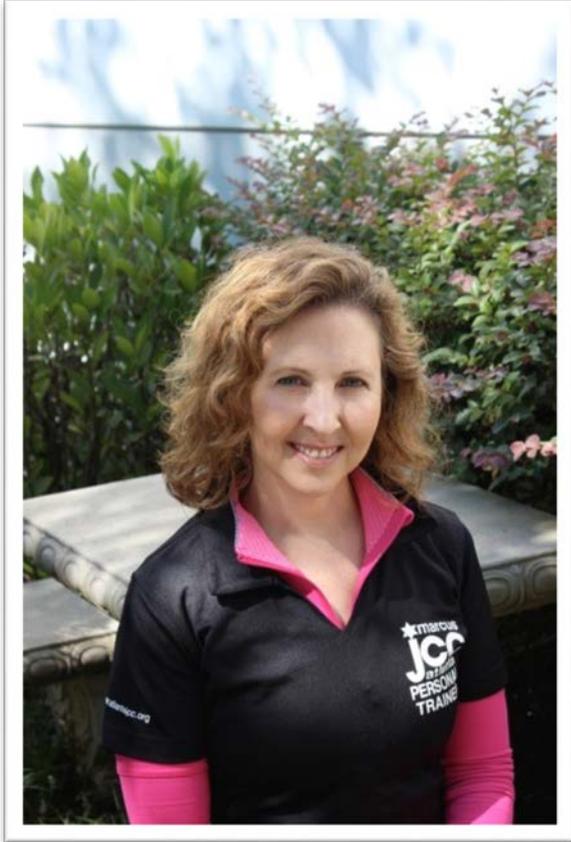
“Fitness doesn’t always have to be so serious. It should be fresh and fun no matter your level of fitness! When working out with me, you’ll never know what to expect. Every session is different and tailored to your specific needs and abilities—core strength, muscle mass, balance, flexibility; whatever it may be. Muscles have memory. If you do the same thing over and over, muscles don’t have to work so hard. The only way to get stronger is to work stronger.”

## Background

Nancy enjoys being active and living a healthy lifestyle. She spent 35 years helping people stay healthy as a pharmacist. Now she enjoys teaching her clients, friends, class participants, and anyone who wants to learn about ‘aging well’ and fitting exercise, movement, yoga, and good nutrition into daily life and loving it! She is all about core strength, balance, flexibility, and cardiovascular fitness.



# JENNIFER YELLIN



## Certifications

STOTT® Pilates Level 1 & 2, STOTT® Pilates Instructor Trainer, ISHTA Yoga, Pranic Healing Level 3

## Fitness Philosophy

“Movement is an artform. Fitness doesn’t have to be achieved in a traditional gym setting. When working out with me, you can expect a passionate professional with an eye for detail. My comprehensive workouts improve body awareness, reduce stress, balance muscle development and increase flexibility, and leave you feeling better than when you walked in.”

## Background

Jennifer is a certified STOTT® Pilates and advanced ISHTA Yoga instructor. She has worked in the fitness industry for over a decade. In addition, she was chosen as 1 of only 12 people from a worldwide field to become a STOTT® Pilates Instructor Trainer. Her professional dance background gives her additional expertise in functional anatomy and teaching movement.