

MEET YOUR TRAINERS

Personal Training, Small Group Training, Recovery Options such as Assisted Stretching and Theragun, Nutrition/ Weight Loss Coaching



Nathan Morehart

ATG Level 1 Certified, NCSF Certified
Personal Trainer

Specialties:

- Knees Over Toes Strength Training
- Building Athletic Potential & Bulletproofing
- Increasing Mobility & Range of Motion for Life and Sports



Brayden Nelson

NASM Certified Personal Trainer, NASM Corrective Exercise Certification, NASM Women's Fitness Specialist, NASM Certified Nutrition Coach

Specialties:

- Corrective Exercise Training
- Women's Fitness Specialist
- Nutritional Coaching



Chris Barone

NASM CPT, NASM Weight Loss Specialist,
Living Fit Kettlebell Fundamentals Specialist

Specialties:

- Functional Strength Training
- Shoulder Rehabilitation Specialist
- Weight Loss Specialist



Sandy Gross

American College of Sports Medicine

Specialties:

- Functional fitness & sport specific training
- Pre/post injury management, special conditions
- Athletic recovery, longevity in sport & life, & stress resiliency



Melody Benton

American College of Sports Medicine,
Physical Therapist Assistant

Specialties:

- Natural movement fitness
- Mobility, Balance, & Gait Training
- Neuromuscular Repatterning
- Thai Yoga Bodywork Practitioner



For more information, contact Mendy Dimanoff mdimanoff@riverplaceclub.com or 512-346-1114 x3911