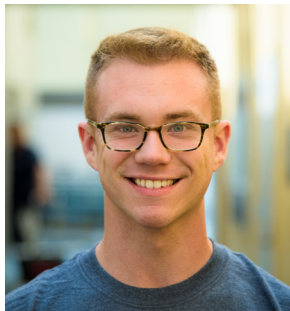


DANIEL CURRAN



Certification
ACE Certified Personal Trainer

Specialties
Performance and Functional Training
Flexibility Training
Introduction to Fitness

Fun Fact
Dan is originally from the state of New York and he is an Opera singer.

DANNY JUAREGUI



Certification
NSCA Certified Personal Trainer

Specialties
Strength Training
Functional and Performance Training
Introduction to Fitness

Fun Fact
Danny loves to serenade his classes and clients. Danny can't high five, but he can hold a 10-second hand stand.

ELIZABETH MELNIKAS



Certification
NSCA Certified Personal Trainer
USAW Sports Performance Coach Level 1

Specialties
Strength Training
Performance and Functional Training
Introduction to Fitness

Fun Fact
Elizabeth graduated from UCLA with a degree in Classical Flute Performance and sang in a children's choir for seven years. She pole-vaulted in high school and played competitive Ultimate Frisbee at UCLA.

EMIL CHANG



Certification
NSCA Certified Personal Trainer

Specialties
Strength Training
Injuries and Medical Conditions
Returning to Fitness

Fun Fact
Emil (Em) is an avid photographer and videographer, and is the person behind the camera in many of the UCLA Recreation photos and videos!

JESSICA HYNDMAN



Certifications
NASM Certified Personal Trainer
US Powerlifting Association

Specialties
Boxing
Strength Training
Performance and Functional Training

Fun Fact
Jessica is a boxing specialist and has even sparred her fiancé.

JORDAN WONG



Certification
NSCA Certified Strength and Conditioning Specialist
TRX Suspension Training

Specialties
Introduction to Fitness
Strength Training
Returning to Fitness

Fun Fact
Jordan was born in Toronto, Canada. He has his B.S. in Public Health with a Nutrition concentration.

JOR-EL VAASBORG

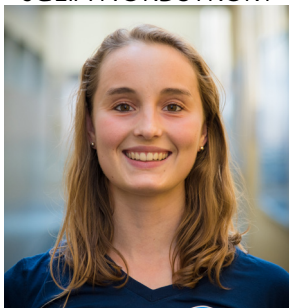


Certification
NSCA Certified Personal Trainer

Specialties
Strength Training
Returning to Fitness
Introduction to Fitness

Fun Fact
Jor-el is an active member of the entertainment industry in Los Angeles and works both in front of and behind the screen!

JULIA NORDSTROM



Certification
NSCA Certified Personal Trainer

Specialties
Introduction to Fitness
Strength and Conditioning
Returning to Fitness

Fun Fact
Julia is a UCLA Nursing student and a veteran Resident Assistant with the UCLA Office of Residential Life.

JUSTIN CIAMPAGLIA



Certification
NSCA Certified Strength and Conditioning Specialist

Specialties
Strength and Conditioning
Performance and Functional Training
Introduction to Fitness

Fun Fact
Justin enjoys traveling all over the world and engaging in outdoor adventures wherever he goes. He has studied interdisciplinary martial arts and often uses his skills while training clients.

KAREN MYERS COBB



Certification
ACSM Health Fitness Instructor
MD Medicine

Specialties
Returning to Fitness
Injuries and Medical Conditions

Fun Fact
Karen is known for her patience in her work with the aging and those affected by neuromuscular disease, especially Parkinson's Disease and stroke.

KC REISCHERL



Certification
NSCA Certified Personal Trainer
USA Gymnastics
TRX Suspension Training
CrossFit

Specialties
Strength Training
Performance and Functional Training
Gymnastics

Fun Fact
KC spent a number of years on Broadway and was in a Coen Brothers movie. He is now our celebrity MoveMail trainer!

LIZ ISHIDA



Certifications
NSCA Certified Personal Trainer
TRX Suspension Training

Specialties
Introduction to Fitness
Strength Training
Returning to Fitness

Fun Fact
Liz is a professional Taiko musician and Friends fanatic.

MARA PERSCHEID



Certification
NCCPT Certified Personal Trainer
Kettlebell Level 1

Specialties
Performance and Functional Training
Injuries and Medical Conditions
Strength Training

Fun Fact
Mara has an extensive background in Taekwondo as both a competitor and coach. She is also an EMT!

NOLAN RUBIN



Certification
NSCA Certified Personal Trainer

Specialties
Performance and Functional Training
Sports Training
Strength Training

Fun Fact
Nolan is studying Psychology at UCLA. He has experience teaching Olympic Weightlifting and preparing individuals to enter the military.

RAMAN SHARMA



Certification
ACE Certified Personal Trainer

Specialties
Strength Training
Performance and Functional Training
Introduction to Fitness

Fun Fact
Raman used to be a celebrity trainer in India.

RYAN MATTHEWS



Certification
NSCA Certified Strength and Conditioning Specialist

Specialties
Performance and Functional Training
Injuries and Medical Conditions
Returning to Fitness

Fun Fact
Ryan not-so-secretly enjoys watching Golden Girls.

SERGIO GUEVARA



Certification
NSCA Certified Personal Trainer
NSCA Certified Strength and Conditioning Specialist

Specialties
Sports Training
Performance and Functional Training
Conditioning and Muscular Endurance

Fun Fact
Sergio coaches the UCLA Men's Club Soccer team and played professional soccer in Nicaragua. However, he'd much rather watch basketball. Sergio is a current Kinesiology graduate student at CSUN.

SERGIO ROCHA



Certification
NSCA Certified Personal Trainer

Specialties
Strength Training
Performance and Functional Training
Introduction to Fitness

Fun Fact
Sergio takes health and wellness from the gym to the kitchen with his innovative culinary creations. He was the head chef at his fraternity house at UCLA.

TRUDY NIESS-STEVENSON

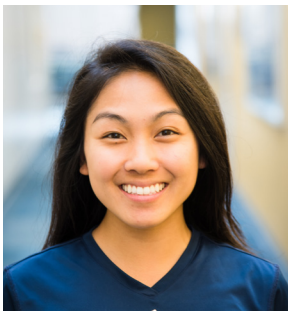


Certifications
NSCA Certified Personal Trainer
Certified Yoga Alliance Teacher
Kettlebell Level 1
TRX Suspension Training

Specialties
Performance and Functional Training
Injuries and Medical Conditions
Strength Training

Fun Fact
Trudy is a professional dancer and is currently a company member of Benita Bike's DanceArt.

YVONNE NONG



Certification
NSCA Certified Personal Trainer

Specialties
Introduction to Fitness
Performance and Functional Training
Strength Training

Fun Fact
Yvonne has traveled the world with the NGO Cure Cervical Cancer, where she helped set up clinics focused on women's health.

ELLEN KELLY



Certification
Certified Athletic Trainer

Specialties
Injuries and Medical Conditions
Performance and Functional Training
Strength Training

Fun Fact
Aside from personal fitness training, Ellen is a public high school teacher!

PETER STAMATAPOULOS



Certification
Stott Pilates
ACE Certified Personal Trainer and Group Instructor
ACE Clinical Exercise Specialist

Specialties
Performance and Functional Training
Injuries and Medical Conditions
Returning to Fitness
Pilates

Fun Fact
Peter is a formidable martial artist and can be seen training daily at the John Wooden Center. He is UCLA Recreation's resident Pilates instructor, also known as "Pilates Peter."

ISABELLE DU SOLEIL



Certifications
Yoga Alliance ERYT 500
Ph.D. in Biology and Pharmacy

Specialties
Yoga
Flexibility
Stress Reduction
Relaxation and Breathing

Fun Fact
Isabelle loves teaching core exercises and counting in other languages such as French, Spanish and Italian. Isabelle is originally from Paris, France.