Meet Our Trainers!

**Jason Alexander**
Certifications Held: International Sports Sciences Association (ISSA) Certified Fitness Trainer and Crossfit Level One Trainer

Year in School: Junior

Fitness Philosophy: “People only see the results, they don’t see the hours spent in the gym working and sweating.”

Favorite Exercises: Roman Get-Up and Clean and Jerk

**Lydia Hanewich**
Certifications Held: Aerobics and Fitness Association of America (AFFA) Personal Trainer Certification

Year in School: Junior

Fitness Philosophy: “Being physically fit does not come overnight; it takes hard work and determination.”

Favorite Exercises: Plank and Dumbbell Rows

**Allie Johnson**
Certifications Held: American Council on Exercise (ACE) Personal Trainer Certification

Year in School: Senior

Fitness Philosophy: “Fitness should be fun and rewarding. It should not be focused on deprivation, but it should encompass a more balanced and health conscious lifestyle.”

Favorite Exercises: Kettlebell Swings and Goblet Squats

**Stephen Skrocki**
Certifications Held: American Council on Exercise (ACE) Personal Trainer Certification

Year in School: Senior

Fitness Philosophy: “I can, I will, and I must.”

Favorite Exercises: Cable Fly’s and Dumbbell Curls