

Monroe Aquatics & Fitness Center
Motivational Personal Training!
Certified & Insured Personal Trainers

Mitchell L. Covington, Jr. (704-780-9900, 704-821-1964)

Education and Experience: Monroe Aquatic and Fitness Center instructor (9/2010—present), Owner/Operator of “Just Results” Personal Training (2000—present), Summit (NJ) Area YMCA Health and Fitness Director (198—2000), YMCA Program Director, YMCA Strength Training Instructor and Director, AFFA Certified Personal Trainer (2000—2017), IFTA Certified Personal Trainer (2017-present).

Continuing Education: Nike Athletic Certified Instructor, Step Reebok Certified Instructor, Cycle Reebok Certified Instructor, YMCA Fit Kids program developer/instructor, First Aid, CPR and AED Certified.

Personal Statement: To help clients and groups achieve or exceed their fitness goals through individualized, fact based programs that develop neurological balance and motor skills coupled with strength and power in a safe and encouraging environment

Mandy Herrin (980-328-0510)

Education and Experience: MAFC Fitness Instructor (2003-present), WITS Certified Personal Trainer (2011)

Continuing Education: First Aid, CPR and AED Certified, Functional Aging Specialist.

Personal Statement: I know that the power to change lies within each of us. As a child, I heard this repeatedly from my parents. It was only after having two children and finding myself tired, cranky, and 30 pounds overweight that this statement finally sank in. I realized that in order to care for my family, I had to first learn how to take care of myself. I sought assistance in changing my exercise habits and food choices. Along the journey, I began to believe in the changes I was seeing and found myself reenergized. Each of us can make choices that will give us a better quality of life. My goal is to be a resource to others as they travel on their own journey toward health and fitness.

Darin Hinson (980-328-3342)

Education and Experience: Fitness Instructor (MAFC, 2015-present), Bachelors of Science in Athletic Training (Wingate University, 2014), ACE Personal Trainer Certification (2016-present), Owner/Operator of Refining Fire Personal Training (2016-present)

Continuing Education: First Aid, CPR and AED Certified, ACE Youth Sport Specialist

Personal Statement: While growing up as a three sport athlete, I was aware of the importance of being physically active. However, it was not until my college career in Sports Medicine that I fully understood what the human body is capable of doing when you put all the pieces together. It is my goal to motivate and challenge you to become stronger, just like gold when put through the refining fire.

Tyler Lowry (704-221-8409)

Education and Experience: Monroe Aquatic and Fitness Center instructor (2013—present), Personal Trainer Certification (World Instructor Training Schools (WITS, 2013).

Continuing Education: First Aid, CPR and AED Certified.

Personal Statement: Reaching your fitness goals involves more than willpower, desire, or ability. What it really boils down to is being emotionally excited about your fitness program and progress. When one is physically active, motivated, challenged, and emotionally revved up, then positive results are virtually impossible to avoid. My mission as a personal trainer is to create a unique personal training experience which empowers clients to make physical and lifestyle changes that enhance their personal, professional, and emotional lives.

**1 - One Hour Session—\$40 4 - One Hour Sessions—\$140 8 - One Hour Sessions—\$240
Gift Certificates Available!!**

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Florami Lee (704-254-6051)

Education and Experience: WITS Personal Trainer Certification (2018-present)
Fitness Instructor (MAFC, 2016-present)

Continuing Education: First Aid, CPR and AED Certified.

Personal Statement: Fun makes everything more interesting! I will always be an example and teach my clients how a healthy and fit lifestyle can be fun. I will be committed to empowering others through my knowledge of fitness, especially those who are long-lived and seeking the best quality of life. It is my passion to help the older population commit to healthier living, especially after seeing loved ones struggle because of poor health. Living life to the fullest through good health is achievable, and I will commit to those willing to commit to me and their own goals. I encourage balance in achieving new, healthier lifestyles to make the results lasting. The goal is to slowly and safely help, then progress strength training exercise at a vigorous level. With regular physical activity, it will lead to a more active and fulfilling life. After all, true health is real wealth.

Katie Cristobal (704-292-8330)

Education and Experience: ACE Personal Trainer Certification (2017-Present) Bachelors of Science in Health Promotion (Appalachian State University, 2016)

Continuing Education: First Aid, CPR, and AED Certified

Personal Statement: I love being in great shape but I know the journey to that point can be difficult. Most often getting started is the hardest part. My desire is to help you find your starting line and to get you excited about what your body is capable of. I completed a degree in health promotion because I have a desire to help others change their lives through permanent behavior change. I want to educate others on how to strengthen and heal their bodies through fitness and healthy lifestyle changes. I continued my education with a certification in personal training because I want to help others reach their fitness goals and regain mobility and quality of life.

Lee Boryczewski (704.290.7386)

Education and Experience: American College of Sports Medicine- Certified Personal Trainer (2019-Present)

Continuing Education: First Aid, CPR, & AED Certified

Personal Statement: Fitness can be a maze, let someone who's been there before help you to the other side. I know what it's like not knowing how to achieve your health and fitness goals, feeling like you're not making any progress with the effort you're investing. My passion is to inspire and empower using evidence-based, goal-driven personal training, so that everyday you'll come a little closer to being the best version of yourself. No matter your age, and whether it's weight loss, strength, muscle gain, performance or better independence in your golden years, *we can do this together!*

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