

HELLO
my name is

Turner

Education & Experience

Associates Degree, Fire Sciences

20 years in the Fitness Industry,
6 years at Copper Sky

Certifications

ISSA Certified Personal Trainer
TRX RIP Certified
STROOPS Certified
BodyShred
Mad Dogg Cycle
Silver Sneakers
FITOUR Aqua
CPR/First Aid/AED Certified

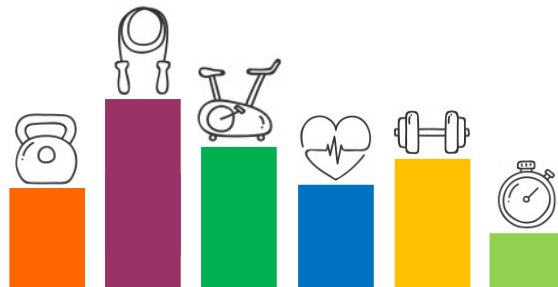


Specialties & Classes

Weight Loss
Cardio Endurance
Strength Training
Fitness Planning
Senior Fitness
Water Aerobics
MyZone Heart Rate Training
GRP X / Water Aerobics
GRP X / Strength & Conditioning
GRP X / Cycle, Road Warrior
Personal Training / 25 & 50 minute

My Fitness Philosophy...

Stay Fit, Don't Quit!



Henry Turner
Certified Personal Trainer


COPPER SKY
MULTIGENERATIONAL CENTER

HELLO
my name is

Christina

Education & Experience

Bachelor of Arts, UW

4 years in the Fitness Industry,
3 years at Copper Sky

Bilingual, fluent in German

Certifications

ISSA Certified Personal Trainer
PiYo Certified
Barre Above Certified
Musicality Method Certified
STROOPS Certified
Portion Fix Master Coach
Silver Sneakers Certified
CPR/First Aid/AED Certified



Specialties & Classes

Balance & Flexibility
Nutrition
Weight Loss

GRP X / Silver Sneakers
GRP X / Ultimate Conditioning
GRP X / PiYo
Personal Training / 25 & 50 minute

My Fitness Philosophy...

MOTIVATION
is what gets you started.
HABIT
is what keeps you going.



Christina Mykytiuk
Certified Personal Trainer


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MULTIGENERATIONAL CENTER

HELLO
my name is

Jeanette

Education & Experience

20 years in the Fitness Industry,
3 years at Copper Sky

Certifications

ISSA Certified Personal Trainer
Commit Dance Fitness
Xtreme Hip Hop Step
CPR/First Aid/AED Certified



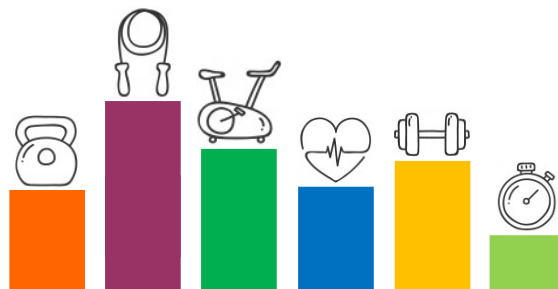
Specialties & Classes

Weight Loss
Strength Training
Functional Training
Cardio Endurance
Booty Lift
Myzone

GRP X / Commit Dance Fitness
Personal Training / 25 & 50 minute

My Fitness Philosophy

Find your 'WHY' and
crush your goals!



Jeanette Jones
Certified Personal Trainer


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MULTIGENERATIONAL CENTER

HELLO
my name is

Lerrin



Education & Experience

Personal Trainer

20 years in the Fitness Industry,
6 months at Copper Sky

Specialties & Classes

Weight Loss
Strength Training
Power Lifting
Cardio Endurance

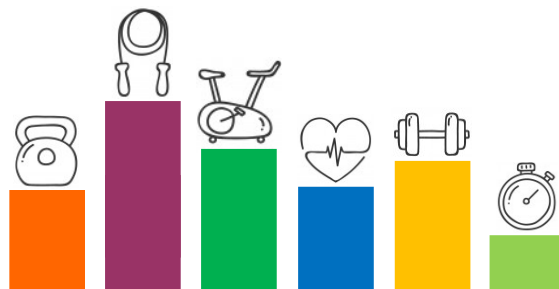
Personal Training / 25 & 50 minute

Certifications

ISSA Certified Personal Trainer
CPR/First Aid/AED Certified

My Fitness Philosophy

Blood.
Sweat.
Respect.
The first 2, you give.
The last one, you earn.



Lerrin Smith
Certified Personal Trainer


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MULTIGENERATIONAL CENTER

HELLO
my name is

Jen



Education & Experience

Massage Therapist

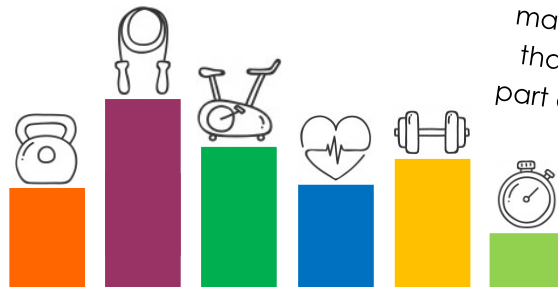
21 years in the Fitness Industry,
3 years at Copper Sky

Specialties & Classes

Sports Performance
Weight Loss
Strength Training
Power Lifting
MyZone Heart Rate Training
GRP X / Ultimate Conditioning
GRP X / Family Kickboxing
GRP X / Youth Boot Camp
Personal Training / 25 & 50 minute

Certifications

ISSA Certified Personal Trainer
TRX Certified
STROOPS Certified
Myofascial Release & Foam Rolling
Silver Sneakers Certified
Pure Strength
Resist-a-Ball
Pilates - Mini Ball
Indoor Cycle
Group Kickboxing
Primary Group Exercise
CPR/First Aid/AED Certified



My Fitness Philosophy...

I always knew I loved fitness! I taught my first fitness class when I was just 12, for an afterschool program. I then became a massage therapist in my early 20's and that led me to my fitness career. I am part of the Copper Sky Family, doing my best to welcome people into the fitness world and helping them fall in love with it like I have.

Jen Chaturvedi
Certified Personal Trainer

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MULTIGENERATIONAL CENTER

HELLO
my name is

Tony



Education & Experience

Graduate, Mountain Vista High School

1 year in the Fitness Industry
1 month at Copper Sky

Specialties & Classes

Weight Loss
Strength Training
Functional Training
Fitness Planning
Sports Performance
MyZone Heart Rate Training

Personal Training / 25 & 50 minute

Certifications

ISSA Certified Personal Trainer
CPR/First Aid/AED Certified

My Fitness Philosophy

I help reveal people's true
strength within themselves.

Follow the Golden Rule.



Tony Capla
Certified Personal Trainer


COPPER SKY
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HELLO
my name is

Misty

Education & Experience

Medical Coding Certificate
Spinal Technician

11 years in the Fitness Industry,
2 years at Copper Sky

Certifications

ISSA Certified Personal Trainer
FiTOUR Advanced Personal Training/
Group Exercise
FiTOUR Myofascial Release &
Foam Rolling
FiTOUR Bootcamp Core &
Functional Fitness
FiTOUR Mind/Body
FiTOUR Aqua
CPR/First Aid/AED Certified



Specialties & Classes

Weight Loss
Cross Training
Strength Training
Fitness Planning
MyZone Heart Rate Training
Personal Training / 25 & 50 minute

My Fitness Philosophy...

I am a firm believer in leading by example and doing my part to positively support others on their journey to future health and well-being.



Misty Bitter
Certified Personal Trainer


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