Michael Ruppert

Michael Ruppert is a certified ISSA personal trainer and is a young and upcoming trainer in the field. He has been training for 7 years. Michael’s areas of interest are improving overall health as well as losing fat, building muscle, and improving athletic performance. Whatever your fitness goals may be, Michael can help you achieve them! Michael’s philosophy is to always train to the best of your abilities to get the results that will make you happy. Michael’s Favorite quote: “Whether you think you can or you think you can’t, you’re right.” – Henry Ford

Mary Maher

Mary is an ACSM- Certified Personal Trainer, Nautilus Institute Accredited Coach, NOLS Graduate and an AFAA- certified Group Exercise Instructor. Mary’s education includes a MS Physiology from the University of Arizona! Mary’s training specialties include "Bikini Body", Women's Health, Diabetes prevention and management, Osteoporosis prevention and management, high-risk clients, and aqua fitness. Her fitness philosophy is to achieve your personal best by setting smaller goals first. She emphasizes total body wellness, flexibility & long-term exercise adherence with my clients. Mary’s favorite quote is W. Churchill’s paraphrased line “…never, never, never, give up”.

Mike Urquhart

Mike Urquhart is an A.F.A.A. Certified Personal Trainer, Group Fitness Instructor and certified Indoor Cycling Instructor. Mike has a Master of Science Degree in the discipline of Biology/ Comparative Physiology. He has been a personal trainer for 18 years. He started as a fitness trainer for the US Army while he was serving. His personal training philosophy is based on the theory of periodization. This a scientific approach to training, based on physiological adaptations. By using sound physiological principles, a safe no nonsense training plan can be developed and implemented. Mike is also a Certified Triathlon Coach. He has been in the sport of triathlon for over 30 years. He has coached all levels of athletes.

Deborah Chucoski

Deborah is a NCSA certified Strength and Conditioning Specialist and USAW Weight lifting certified. She has been working with individuals of all ages and skill sets for 8 years. She has an Exercise Science background and has worked with those wanting to lose weight, reach a fitness goal, reduce medications, increase balance, or prevent an injury. She often tell her clients that goals can never be reached until the first step has been taken; so congratulations the first step has been taken by coming to see me!
Melina is an ACE certified personal trainer and she has been certified since September 2013! She has a passion for working with people from all different walks of life who have a desire to change their lifestyle. She enjoys motivating people to reach their fitness goals. Along with personal training, she teaches the Ready, Set, run Specialty class here at the Recreation Center. Fitness can be for anyone and she believe that with the will to live a healthy lifestyle, it can transform lives, mind and body alike. Melina’s favorite quote is, “More powerful than the will to win is the courage to begin.

Bryan is a certified Level I Cross Fit trainer with emphasis in Olympic Lifting, Metabolic Conditioning, Functional Fitness, and Mobility. As a competitive CrossFit athlete himself, he has a strong base of knowledge and foundational skills that can help any individual interested in the sport of fitness. He has been coaching CrossFit for approx. one year and has a sincere passion and love for teaching and developing anyone who is interested in bettering themselves in a total aspect of fitness; whether it’s improving your lifting techniques, developing a stronger metabolic condition, mobility of motion, or just living a healthier and better life. “Make every day your hardest day, and be better than yesterday.”

Heidi McIntyre nationally certified through the American College of Sports Medicine, and was trained and certified at the Pima Community College, Fitness & Sport Sciences. Heidi love working with all fitness levels, from beginners to elite athletes. Her major specialties include weight loss & management, injury re-training & prevention, and sport-specific conditioning. Her philosophy as a fitness professional is “Educate, Motivate, Train.” In addition, Heidi McIntyre holds a 2nd degree black belt in Taekwondo and actively competes on a national level.

Cassidy is an NASM certified personal trainer as well as an NASM Fitness Nutrition Specialist. She is currently studying nutrition at the University of Arizona to become a Registered Dietician! Cassidy's specialties include strength training and conditioning, flexibility and mobility, and teaching clients how to eat. She believes in being the best you possible and that you can achieve the goals you set out to accomplish. Her favorite book series are the Virgil Flowers books by John Sandford.

Dawn Davis and is an AFAA certified Personal Trainer and has a certification for the Foundations of Group Exercise from The YMCA of the USA! Dawn has been a Wellness Coach and Personal Trainer for about 4 years and enjoys working with people who are at all different fitness levels. She has also taught small group classes for the last year. Dawn truly understands how difficult it can be to make a lifestyle change and trying to find what each person enjoys about fitness is her goal. Her favorite quote is, “The most critical decision is made when you feel like giving up”. Look to Dawn for help with goal setting and achieving goals!
Hannah Rajs

Hannah is a NCCPT certified personal trainer. Fitness has always been a huge part of her life and now she is excited to share that passion with others as a trainer. Hannah love high intensity circuit training, weight training, and creating unique workouts to keep your body guessing. She believes the most important part of fitness is feeling good about yourself, having a positive body image, and being the best version of you. Hannah can help motivate you to reach your goals and show you how you can raise the bar even higher. Her favorite quote is, “If it doesn’t challenge you, it doesn’t change you.”

Barrett Victor

NASM (National Academy of Sports Medicine) Certified Personal Trainer and Corrective Exercise Specialist, Barrett knows exactly what it takes to get in the best shape of your life. He is a three-time All-American AAU wrestler who specializes in athletic training for optimal body composition. Barrett has been personal training for over 3 years. He incorporates the most effective exercises and techniques to get you the results you are looking for. He makes every session fun, and is known for integrating boxing training into his workouts! Barrett believes in setting individual goals that are challenging but realistic. This helps establish motivation, enthusiasm and a clearer vision of what personal training can help you achieve.