



BELLEVUE CLUB

# MEET THE TRAINERS



# We are the Bellevue Club Personal Trainers. Pleased to meet you.

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## **WE CAN BE YOUR BEST FRIEND. OR YOUR WORST ENEMY.**

Sometimes both. Whether you want to lose a couple pounds or compete in an Ironman, it's nice to have someone urging you on—especially when that person has over a decade of fitness experience. Introducing the region's best community of personal trainers.

## **NOT TO BRAG, BUT...**

All of our personal trainers hold a two or four year degree and/or a nationally accredited certification. We hire trainers with various backgrounds and specialties to meet the needs of many clients. In addition, all of our personal trainers are required to have current CPR/AED and First Aid certification.

### **PERSONAL TRAINER CREDENTIALS**

#### **ACSM** (*American College of Sports Medicine*)

The American College of Sports Medicine is considered the 'gold standard' certification in the fitness industry. It is the oldest and largest sports medicine and exercise science association in the world.

#### **ACE** (*American Council on Exercise*)

The American Council on Exercise is a nonprofit organization that is committed to enriching quality of life through safe and effective exercise and physical activity. Founded in 1985, today ACE is one of the largest fitness certification, education and training organizations in the world.

#### **NSCA** (*National Strength and Conditioning Association*)

The NSCA's Certified Strength and Conditioning Specialist® (CSCS®) and NSCA-Certified Personal Trainer® (NSCA-CPT®) certifications are nationally accredited certification programs in the fitness industry, widely respected and internationally recognized.

## **TOP 5 REASONS**

TO HIRE A BELLEVUE CLUB  
PERSONAL TRAINER

- 1. BUSY SCHEDULE.**  
Get more out of your limited gym time.
- 2. MORE MOBILITY.**  
Feel good moving your body.
- 3. TENNIS LEAGUE.** Secret weapon:  
core strength. Opponents: jealous.
- 4. INJURY PREVENTION.**  
Strong muscles equals less pain.
- 5. NEW SKILLS.**  
Learn from our experienced  
instructors.



### JUSTIN EHLING, BS

**YEARS OF EXPERIENCE:** 5+

**AREAS OF EXPERTISE:** General health and fitness, sports performance, weight loss and physique sculpting

**TRAINING PHILOSOPHY:** Getting started can be the toughest part, but before you know it you'll be looking and feeling better than ever.



### CAROLINE WAGNER, BA

**YEARS OF EXPERIENCE:** 17+

**AREAS OF EXPERTISE:** Athletic, strength and endurance training, senior training, yoga, swimming

**TRAINING PHILOSOPHY:** I challenge my clients with new and innovative ways to train, giving them confidence to push to the next level.



### TYLER GREER, BS

**YEARS OF EXPERIENCE:** 8+

**AREAS OF EXPERTISE:** Weight loss, strength, post rehab and sport specific training

**TRAINING PHILOSOPHY:** Exercise and nutrition are lifelong endeavors for both your physical and mental health. Successful and healthy exercise and diet routines will change your life.



### MARY WORLEY, BA

**YEARS OF EXPERIENCE:** 9+

**AREAS OF EXPERTISE:** Heart Zones certified, weight management, special needs, rehabilitation, small-group and circuit training

**TRAINING PHILOSOPHY:** I enjoy sharing my passion for health and fitness through intelligent exercise prescription for all levels.



### HEATHER BALAJADIA, BS

**YEARS OF EXPERIENCE:** 18+

**AREAS OF EXPERTISE:** Yoga, nutrition

**TRAINING PHILOSOPHY:** I love the relationships that are cultivated with my clients, helping them to be successful. I incorporate my knowledge of anatomy, physiology and kinesiology into my yoga and my knowledge of yoga into my training.



### KATIE MILNE, BS

**YEARS OF EXPERIENCE:** 5+

**AREA OF EXPERTISE:** Balance/flexibility, strength training, weight loss, total body toning, dance training

**TRAINING PHILOSOPHY:** I believe the key to fitness is balance: have fun and work at your highest potential. Sessions are personalized to achieve better quality of life and improved self concept.



### LAURA GOOCH, BA

**YEARS OF EXPERIENCE:** 20+

**AREAS OF EXPERTISE:** Endurance, strength and functional training, small group and circuit training, post-injury rehab

**TRAINING PHILOSOPHY:** I find consistency and determination are keys to success. I focus on the client's goals and help them enjoy the process.



### CHRISTIN TERCEK, BS

**YEARS OF EXPERIENCE:** 12+

**AREAS OF EXPERTISE:** Heart zones certified, circuit training, TRX, functional/strength training, weight management, preventative/post injury rehab

**TRAINING PHILOSOPHY:** Fitness is a lifelong process so from youth to seniors, I will educate you to get the best workout for your individual needs.



### MELANIE BAKER, AA

**YEARS OF EXPERIENCE:** 10+

**AREAS OF EXPERTISE:** Heart Zones certified, weightloss and maintenance, general fitness, sport specific training, pilates, cardio coaching

**TRAINING PHILOSOPHY:** I help clients of all ages and fitness levels achieve and maintain goals ranging from athletic competition to improvements in everyday function.



### TAMARA WEISS

**YEARS OF EXPERIENCE:** 21+

**AREAS OF EXPERTISE:** Heart Zones certified, cycling, Kinesis and Power Plate training, BOSU, TRX, yoga

**TRAINING PHILOSOPHY:** Fitness is a lifelong maintenance program for your body and mind. I specialize in yoga therapy, women's fitness and functional fitness for older adults.



### SHANNON PATERSON, BS

**YEARS OF EXPERIENCE:** 24+

**AREA OF EXPERTISE:** Triathlons/endurance sports, functional strength training, injury prevention/rehab, holistic coaching

**TRAINING PHILOSOPHY:** As a 16-time Ironman competitor and three-time Ironman World Championship finisher, Shannon lives by goal setting, perseverance, optimism and unfaltering commitment.



### ANDREW NGUYEN, BS

**YEARS OF EXPERIENCE:** 3+

**AREAS OF EXPERTISE:** Strength and conditioning, swimming, athletic performance, sport-specific training

**TRAINING PHILOSOPHY:** Consistency and accountability are vital in achieving fitness goals. I strive to be the motivation that keeps clients coming back until they reach their health and wellness goals.



**MARY ANN SALAME  
CARPENTER, BS**

**YEARS OF EXPERIENCE:** 9+

**AREAS OF EXPERTISE:** Barre certified, YogaFit certifications, Bender Pilates and general fitness

**TRAINING PHILOSOPHY:** Fitness is the catalyst for healthy living. Healthy living is achieved with progression in mindful movement, building cardio endurance for a healthy body weight along with weight-bearing exercises for strong bones.



**NANCY BLACK, BA**

**YEARS OF EXPERIENCE:** 25+

**AREAS OF EXPERTISE:** Pilates, yoga, functional strength training, Barre, heart zones, TRX, general fitness, corrective exercise

**TRAINING PHILOSOPHY:** Staying consistent with strength and cardio conditioning brings lifelong benefits and injury prevention. I enjoy designing individualized programs that are safe and challenging.



**ASH MILAD**

**YEARS OF EXPERIENCE:** 8+

**AREAS OF EXPERTISE:** Strength and conditioning, swimming, injury prevention/rehab, athletic performance, Crossfit certified

**TRAINING PHILOSOPHY:** Dynamic movements, core strength and constantly varied workouts are at the center of my training regimen. I approach clients individually to motivate and keep them coming back.



**ANNELISE  
DIGIACOMO, BAS**

**YEARS OF EXPERIENCE:** 15+

**AREAS OF EXPERTISE:** Strength training, nutrition coaching, athletic performance with a focus on endurance sports, injury prevention/rehab

**TRAINING PHILOSOPHY:** I believe in continually challenging oneself and pushing your own self-limiting beliefs to be the best version of yourself that you can be.



**JERRY FLYNN, BA, CSCS**

**YEARS OF EXPERIENCE:** 20+

**AREAS OF EXPERTISE:** Athletic performance, injury prevention/rehab, fat loss/muscle gain, senior fitness and golf

**TRAINING PHILOSOPHY:** My philosophy on health, fitness and performance is that it is a life-long endeavor. I love working with people who want to work hard—but smart—and enjoy the process toward achieving optimum health, fitness and performance.



**JULIANA DI LORETO, BS**

**YEARS OF EXPERIENCE:** 2+

**AREAS OF EXPERTISE:** Strength and conditioning, total body toning, cardio coaching, nutrition and weight loss/management

**TRAINING PHILOSOPHY:** My goal is to educate, motivate and guide you through customized workouts to a healthier, happier life. I design each workout unique to you so that you exercise your whole body, which will help you feel the benefits and accomplish your goals faster.



**KRISTIN WATTERSON,  
BS, CSCS**

**YEARS OF EXPERIENCE:** 8+

**AREAS OF EXPERTISE:** Weight loss, rehabilitation, sports performance, muscle hypertrophy, balance and senior services

**TRAINING PHILOSOPHY:** I am motivated to help clients improve and maintain high levels of physical and mental health. I incorporate my knowledge of anatomy, physiology and kinesiology into a tailored workout routine.



**PERSONAL TRAINING HOURS**

Personal trainers are available to take clients Monday-Friday 5 a.m.-7 p.m. and various hours on the weekends.

An appointment is required to work with a trainer.



For scheduling or general inquiries:

Call: 425.688.3172 Email: [Fitness@Bellevueclub.com](mailto:Fitness@Bellevueclub.com)