

# PCMARC Independent Contract Trainers



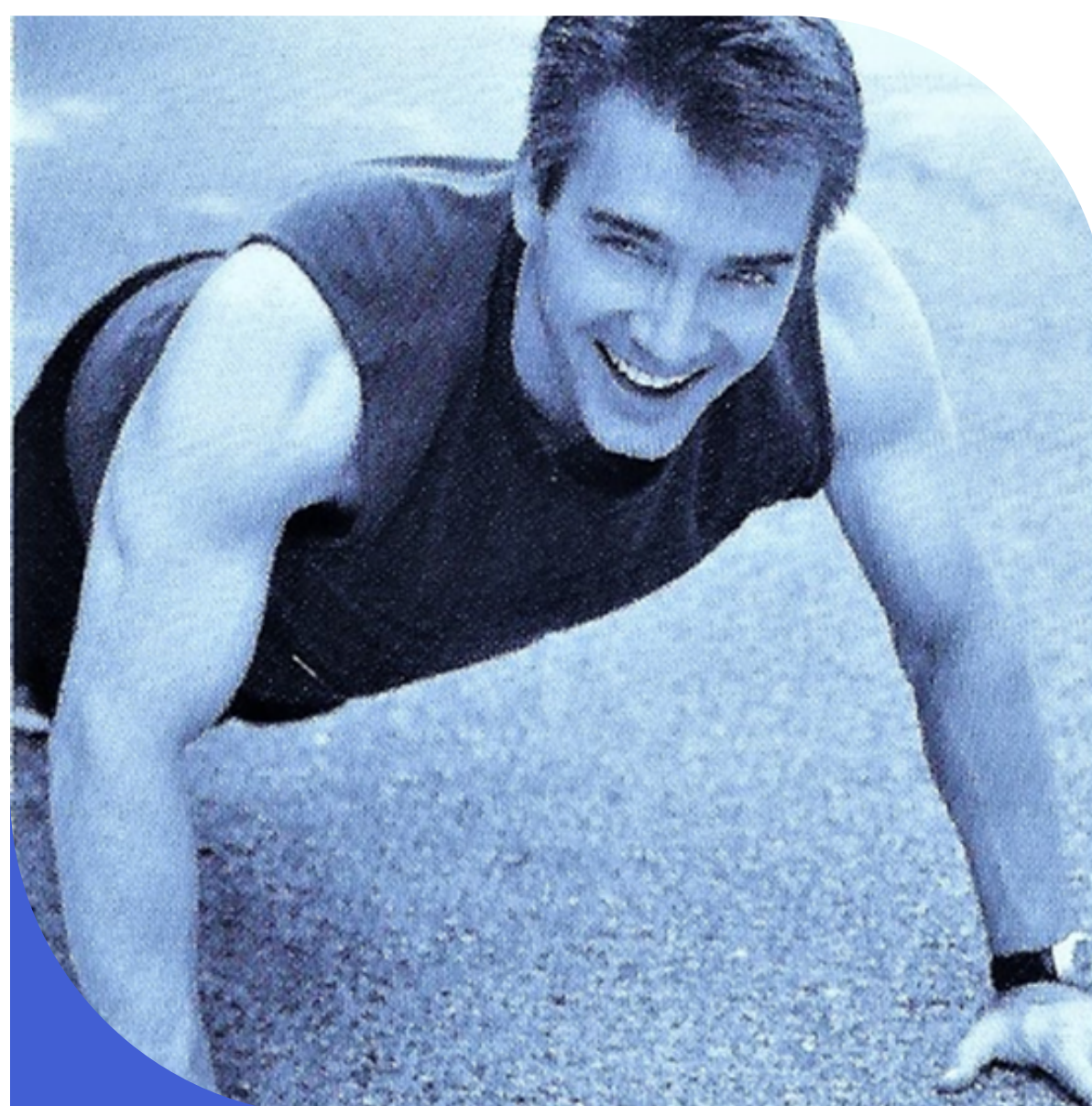
Elizabeth Brandon



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Elizabeth is a former UCLA track and field and crew athlete. She has a Bachelors in Science in Exercise Physiology from UCLA and a Masters Degree in Exercise Sciences from Athens University. She is certified and experienced in working with young athletes and has a great understating and skills in how to prepare a young athlete to compete at an elite or collegiate level. She specializes in speed training, endurance, sports nutrition, injury prevention and recovery, core strength and unilateral training and conditioning. Her focus is on personalized training and coaching that addresses each client's personal goals, existing limitations - past injuries, and developing highly personalized training plans to help her clients achieve and surpass their athletic and health goals.

Randy Haas



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Randy has an extensive fitness background with over 30 years of experience. He holds a BS degree in Exercise Science and is a Trainer, Golf Fitness and Weight Loss Specialist, certified through the National Academy of Sports Medicine. Prior to relocating to Park City in 2016, Randy owned and operated a fitness training business in Atlanta, Georgia, for 22 years. In addition, he was the lead trainer at Atlanta's Four Seasons Hotel Fitness Center for 19 years. Randy's focus is on functional fitness, with a well balanced, efficient and fun approach to help clients meet their goals, from everyday wellness to athletic endeavors.

Kristin Lane



435-565-0511  
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Kristin Certified Corrective Exercise Specialist, Personal Trainer, Mountain Bike Coach, Ski Instructor. I consider myself a "Coach", rather than a "Personal Trainer" and I pride myself on communication and an ability to connect on multiple levels of my client's lives - not just fitness. I specialize in Functional Training, teaching clients how to move better and then move more often and with more efficiency - this works to improve enjoyment and quality of life. My clients are people who want to achieve better performance in skiing, cycling, or golf, individuals of all ages who are recovering from orthopedic surgery, or people who just want to finally learn "how" to workout. My ultimate goal of my work is for my clients to not need me - I am here to improve people.

Jonathan Garcia



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Jonathan, a 2x Olympic athlete turned personal trainer and performance coach, Jonathan brings a wealth of firsthand experience and expertise to help individuals achieve their performance and fitness goals. As a prior professional athlete, he has worked with the best trainers and coaches in the World. With a successful coaching tenure in Park City, he has just returned from Wisconsin where he worked with top-tier athletes across various disciplines, fine-tuning their performance to reach their fullest potential. Jonathan has worked with diverse clients, from beginners to elite D1 and Pro athletes. With a passion for fitness and a track record of success, he is dedicated to guiding clients towards their peak physical and mental performance.

Janet Miller



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Janet is an ACE certified fitness trainer with 20 years of experience. She came to the business as a competitive body builder but switched to bike racing, adventure racing & is still an avid cyclist. She enjoys helping anyone, athlete or "average joe", become a more fit, faster and better person both in & out of the gym.

Jillian Vogtli



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Jillian is a two-time Olympian and 13 year member of the US Ski Team. Jillian focuses on helping you achieve balance; mentally, physically and emotionally, as well as the tools needed to sustain this balance. Jillian's workouts help clients achieve this goal through functional fitness, mindfulness techniques, strength training, flexibility, balance, cardiovascular fitness and group classes. Jillian invites you to experience mindful fitness though her body and soul wellness program.



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Trent Hickman



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Trent is a graduate from the University of Utah and certified ISSA Personal Trainer. He loves working and connecting with people in a effort to help them achieve their fitness and health goals. "the greatest part about what I do are the connections I make with people and being a part of the process as they accomplish their goals." Trent loves outdoor activities and of ALL kinds and competes in SUP racing.

Alyssa Hernke



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Alyssa specializes in injury prevention and sports performance, bringing experience as a collegiate strength and conditioning coach. She holds a B.S. in Exercise Science and an M.Ed. in Educational Leadership, and is a certified Strength and Conditioning Specialist (CSCS). Passionate about helping individuals of all ages, Alyssa focuses on improving longevity and performance in both daily activities and pursuits that inspire and energize her clients (skiing, dancing, running, playing with your grandkids, etc.)

David McEnulty



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David is a Park City native who returned home to the mountains after 11 years learning and working in San Francisco's premier physical therapy clinics, yoga studios, and gyms. While there he developed a diverse but integrated set of skills that have crystallized into a unique and profoundly effective style of wellness coaching and personal training called somatic therapy that he has brought home with him. Specializing in creating a hybrid of mobility, strength, and mindfulness training using both the latest science-based techniques and time-tested, ancient practices, David creates a unique program for each client designed specifically to suit their goals and challenges.