

# Fort Belvoir Personal Training Team



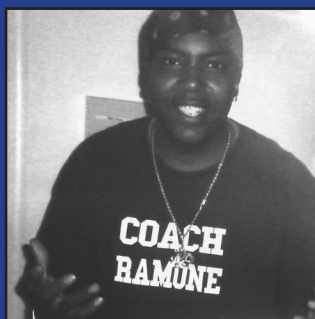
## Ms. Clare Neal

- American Council on Exercise certified personal trainer
- American Council on Exercise certified group fitness instructor
- B.A. in Psychology from the University of Colorado, Colorado Springs
- Over 20 years of diverse exercise experience
- Specializes in functional training, weight loss, pre and post-natal, and extensive experience with the 55+ population



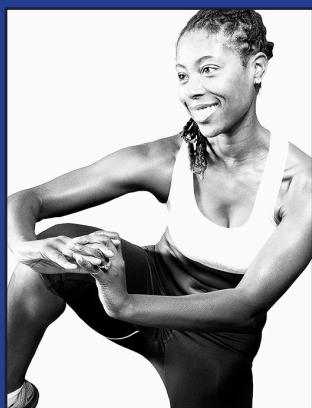
## Ms. Dagmar Kolarska

- Certified Personal Trainer by the Aerobics & Fitness Association of America (AFAA)
- Certified Pilates Mat, Reformer & Apparatus Instructor by the Balanced Body University (BBU)
- Certified Yoga Instructor by Yogafit
- TRX Sports Medicine Trainer



## Mr. Ramone Kenan

- National Federation of Professional Training Certified Personal Trainer
- Specializes in weight control and exercise regimens, dietary practices and health risk prevention standards for healthier lifestyles. American Council on Exercise certified group fitness instructor
- Serves as a consultant at various local health care events
- Develops fitness programs for youth



## Ms. Tamika Johnson

- Certified Personal Trainer through the one of the most reputable training institutions, AFAA (Aerobics and Fitness Association of America)
- Specialties include increasing the fitness levels of her clients through (among other methods) weight loss, resistance training, endurance training through customized exercise programs
- Other certifications include: Spinning, AFAA Group Exercise, Les Mills Body Pump
- Tamika believes that we are all stronger than we think, and sometimes we need someone to help us find it without ourselves.