



MEET OUR PERSONAL TRAINERS

Tisha Collins

I am a wife, mother of two, full-time student, and personal trainer. I will obtain my degree in sports and health sciences with a concentration in Exercise Science this December. I have been certified as a personal trainer through NCCPT for 4 years. I also was certified as a Group Fitness Instructor through AFAA. I have also held certifications in Les mills Body Attack, Blue Productions PiYo, Hip Hop Hustle, and Turbokick. Helping others achieve their fitness goals has been and continues to be a passion of mine.



Brittany Beier

I grew up in North Carolina and graduated from Appalachian State University with a degree in Exercise Science. I started personal training seven years ago and love helping others accomplish their goals and see results. I am a NSCA Certified Personal Trainer, NSCA Certified Strength and Conditioning Specialist, Ironman Certified Coach, and a USAT Certified Triathlon Coach. When I'm not working, I enjoy running, training for triathlons, spending time with family, and traveling.



Vangelica Vasquez

I have been a Group Instructor and Personal Trainer for four years. I started my fitness career at Camp Darby in Italy while my family was stationed there. My husband is active duty in the Air Force and we have three lovely daughters. I love lifting weights and finding new ways to challenge my own fitness. In addition to running half marathons and full marathons, I have completed dozens of obstacle course races in the past couple of years. I enjoy utilizing my own experience and knowledge to help others achieve their personal fitness goals with guidance, encouragement and support.



Cori Thompson

Built with experience and delivered with passion, I will develop a personalized training plan that fits your body, lifestyle, and hobbies. With over 10 years as a certified trainer and loads of success stories, I like to use all forms of exercise to keep my clients on their toes and never bored. As a Certified Level 2 TRX Suspension Trainer, clients will most likely use the straps during their workout to develop long and lean muscles, increase endurance, and dig deep for the strength they've always desired.



Brooke Welch

My own journey into fitness led me to become a personal trainer. Looking in the mirror, I didn't like my reflection. I hated my weight and I couldn't love or appreciate myself. Once I took control and changed my life I began to love myself and there's no better feeling than that. I want others to feel that, I want to reach out to as many as possible and try to help them feel that self love. Everyone deserves to be happy AND healthy. I'm excited to share the experience with others.



Tzee Krueger

I became a trainer because I want to help people feel better about themselves both physically and emotionally. I have an Associate of Arts Degree in Business and Management and a Bachelor of Science degree in Business Administration. I also successfully completed a Nursing 101 and Clinical training which really helped me understand how to support and care for our older adult population. This course gave me knowledge about how our bodies change and how to cope with these changes. I started bodybuilding a few years ago with TEAM YFIT and enjoyed everything about it. I am here to help, teach, and share what I have learned with my current and future clients.

