

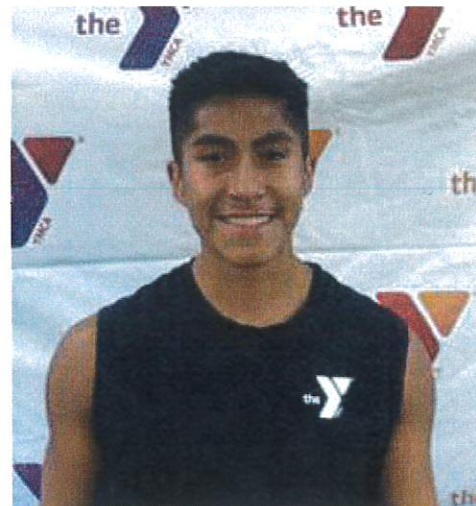


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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MEET MAX SANDOVAL

## Personal Trainer VENTURA YMCA

Max is a certified Personal Trainer through the National Association of Sports and Medicine. He is passionate about fitness and collaborating with clients to achieve their goals. Max helps others get stronger, be more active, educate on their nutritional needs and go beyond their limits. No matter what age, level, or obstacles you think you may have, Max will help you reach your goals and inspire you to live a healthy, sustainable lifestyle!



### Certifications:

- National Academy of Sports Medicine (NASM) Personal Trainer
- American Red Cross Adult/Pediatric First Aid/CPR/AED
- YMCA Group Exercise/Youth Fitness

### Specialty:

Max specializes in hypertrophy/muscle building training



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# MEET NICOLE BAILEY

## Personal Trainer VENTURA YMCA

Nicole is well-rounded in the fitness and health industry, from mind and body yoga and Pilates, personal training, small group training, group exercise classes for every level to personal and group nutritional health coaching. She feels it is her purpose to live a healthy mind-body-spirit lifestyle and inspire others to achieve a healthy way of life that suits each individual. Nicole has specialized in helping others strengthen their core, get stronger, be more active, eat healthier and go beyond their limits. If you are looking to work on stabilization, strength, balance, and flexibility all while losing fat and building muscle she can create a custom program that will help you reach your goals and set new ones! No matter what age, level, or obstacles you think you may have she will inspire you to live a healthy lifestyle that is sustainable for you.

### Certifications:

- Institute for Integrative Nutrition Certified Integrative Nutrition Health Coach
- Athletics and Fitness Association of America Certified Personal Trainer
- Athletics and Fitness Association of America Certified Primary Group Exercise
- Awakened Warrior RYS 200 HR Yoga
- Awakened Warrior RYS 300 HR Yoga
- Awakened Warrior Restorative Yoga



- Yogaworks Pilates Mat
- Yogaworks Applied Anatomy for Pilates
- Schwinn Cycling Classic Certification

### Specialty:

To help all ages and levels strengthen their core, get stronger, be more active, eat healthier and go beyond their limits.





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# MEET LAUREN POLO-ESAKOFF

## Personal Trainer VENTURA YMCA

As a former gymnast, Lauren made movement and exercise a priority in her life. Then, as a mother she was able to fine-tune her compassion, empathy, and the art of creating a balanced lifestyle into her fitness training. Lauren's focus now is on improving one's quality of life through her "active aging" exercise programs. Her expertise aids her in creating an exercise program that will improve balance, strength, flexibility, as well as building confidence to positively impact all aspects of daily living.

### Certifications:

- National Academy of Sports Medicine (NASM) Personal Trainer
- National Academy of Sports Medicine (NASM) Senior Fitness Specialist
- Aerobics and Fitness Association of America (AFAA)
- Silver Sneakers Instructor Certified
- Livestrong Trainer/Coordinator.

### Specialty:

Longevity through an active lifestyle and tailoring fitness plans to reach personal goals





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# MEET NADINE STILWELL

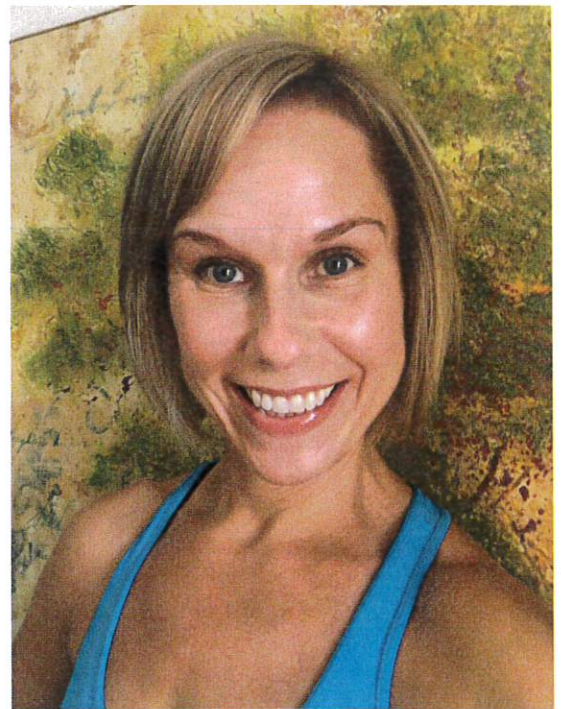
## Personal Trainer VENTURA YMCA

Do you want to get in shape and improve your nutrition? I can help! Think of me as your personal fitness professional that will propel you towards your goals.

I have decades of athletic participation and hold numerous fitness certifications. I am also a mom of 3 who had to shed weight after the birth of my children. I know through first hand experience how challenging it can be to make health and wellness a priority. Let me put my training and experience to work for you.

Do you want to re-start your regimen? I can motivate you. Are you already regularly exercising but need something new? I can teach you. Do you want to shed some weight? I can help you.

Why put it off? Let's get started.



### CERTIFICATIONS:

- NASM-Certified Personal Trainer
- Les Mills-Certified Body Pump and Core Instructor
- Creator of Core Fusion ACE-Fitness Nutrition Specialist





# MEET SPENCER BILLINGSLEY

## Personal Trainer VENTURA YMCA

Spencer has worked with the National Academy of Sports Medicine to become a Personal Trainer and Corrective Exercise Specialist. This allows him to be able to deliver effective, impactful fitness program design and instruction for all age and health demographics. This, paired with his studies of Social Sciences, has aided him in being able to offer compelling coaching techniques that his clients can use for a variety of endeavors, such as: mastering their fitness and recovery with science backed programming, learning and addressing the mental hurdles that comes with exercise, and developing the tools needed so that their pursuit of health and fitness doesn't stop when their session is over.

### Certifications:

- National Academy of Sports Medicine (NASM) Personal Trainer
- National Academy of Sports Medicine Corrective Exercise Specialist
- Associate of Arts Degree in Social Sciences
- Graduate of the Makoto Dojo Self-defense/Assault Prevention Class
- Adult First Aid/CPR/AED Certified



**Specialty:** Working with those who seek functional fitness, have very ambitious goals, and/or are seeking to better their health and wellness.