

Health Zone Approved Personal Trainers January • 2010

Alton Arevalo 978-9601

- BS in Biology with concentration in Pre-Medicine
- Certified Physical Fitness Specialist/Intl Body Fulfillment Assoc
- American Heart Association CPR Certified
- First Aid Certified
- Golf Conditioning Specialist
- Certified Technician of Orthopedics
- 7 years experience
- works with general population, athletes, seniors, and health conditions
- hours by appointment

Jeremiah Bro 918- 848-0080

- BS in Health Promotion (emphasis in Exercise Science)
- Certified Personal Trainer
- First Aid Certified with Red Cross
- American Heart Association & Red Cross CPR Certified
- 8 years experience
- works with general population, elderly, youth, and athletes
- hours: Mon – Fri 5am – 9pm, Sat 8am – 6pm, Sun noon – 6pm

Jimmy Ellis 691-2661

- BS in Health Promotion
- Certified CrossFit Instructor
- Certified Aerobics and Fitness Association of America (AFAA) Group Fitness Instructor
- Certified Running and Endurance Instructor
- American Heart Association CPR Certified
- American Red Cross Water Safety Instructor
- 13 years personal training experience
- 15 years gymnastics and cheerleading coaching experience
- works with general population, athletes, seniors, kids
- hours by appointment

Dena Green 633 - 2926

- ACE (American Council on Exercise) – Certified Personal Trainer
- Certified Aerobics Instructor
- American Heart Association CPR Instructor Trainer
- 26 years experience
- works with general population
- hours: Mon/ Wed/ Fri 8am – 4pm

Anne Trinca Philpott 260 - 2633

- MA Education/BS in Health and Commercial Recreation
- Cooper Institute – Certified Personal Trainer
- Mom's In Motion – Pre/Post-Natal Certification
- Arthritis Foundation – Certified Instructor
- Aquatic Exercise Association – Certified Instructor
- American Heart Association CPR Certified
- 11 years experience
- works with general population and seniors
- hours: Mon – Fri 6am – 5pm

Tolise Sexton 706-3056

- BS in Exercise and Sports Science
- American Heart Association CPR Certified
- 8 years experience
- works with general population, seniors and health conditions
- hours: Mon – Fri 5am – 5pm

Gina Swezey 402-6733

- Kick Box Certified Instructor
- American Heart Association CPR Certified
- 26 years experience
- works with general population
- hours: Mon – Fri 7am – 3pm; 4pm – 8pm, Sat 8am – noon

Linda Wilborn 494-8222

- MS in Sports Management / Athletic Administration
- BS in Health, Physical Education, Recreation K-12
- Certified Personal Trainer
- ACSM (Am College of Sports Med) Ex Test Technologist
- American Heart Association Certified CPR & First Aid Instructor
- American Red Cross Water Safety Instructor
- Arthritis Foundation Certified Instructor
- Nutrition Instructor Tulsa Community College 12 years
- Kids in Motion, Aquatic Aerobics, Zumba Certifications
- 17 years experience

Janna Yohe 671-3165

- BS in Nursing & Child Development
- 12 years experience as RN in cardiac care
- 22 years experience in group exercise instruction
- Certified in Mat Pilates & Pilates equipment
- 5 years experience in personal training
- 4 years experience in group and private Pilates
- hours: Tues, Thurs, Friday 7am-5pm

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