



Personal Trainers

We know that exercise is important and necessary. However, many of us do not know where to begin and who to ask for help. A personal trainer can assist you in accomplishing a specific workout which will benefit you most. They will keep safety a priority and teach you the proper techniques to ensure the effectiveness of your exercises.

Health Zone has several personal trainers who are qualified and experienced in working with people to achieve their personal fitness goals. All of the trainers are either degreed in the health science field and /or certified with a reputable certification.



Alton Arevalo
918.978.9601

- Bachelor of Science in Biology with concentration in Pre-Medicine
- Licensed Practical Nurse
- Certified Physical Fitness Specialist/International Body Fulfillment Association
- Saint Francis Certified Technician of Orthopedics
- 9 years experience
- works with general population, athletes, seniors, and health conditions
- hours by appointment



Janice Bamford
607.425.5029

- Master of Business Administration, Organizational Management
- Bachelor of Professional Studies, Therapeutic Recreation
- Physical Mind Institute Pilates Mat Certification
- Physical Mind Institute Pilates Equipment Certification
- AFAA Advanced Personal Trainer Certification
- Zumba Instructor Training
- American Heart Association CPR Certified
- Active Isolated Activity Certification
- 20+ years experience
- specialty work in integrated Pilates and strength training and custom programs for managing back pain
- hours by appointment



Jimmy Ellis
918.691.2661

- Bachelor of Science in Health Promotion
- Certified CrossFit Instructor
- Certified Aerobics and Fitness Association of America Group Fitness Instructor
- Crossfit 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
918.633.2926

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



Anne Trinca Philpott
918.260.2633

- Master of Arts in Education/Bachelor of Science in Health and Commercial Recreation
- Cooper Institute Certified Personal Trainer
- SCW Fitness Education 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
918.706.3056

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



Gina Swezey
918.402.6733

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



Linda Wilborn
918.494.8222

- Master of Science in Sports Management/Athletic Administration
 - Bachelor of Science in Health, Physical Education, Recreation K-12
 - Medical Exercise Specialist (American Academy of Health, Fitness and Rehabilitation Professionals)
 - American College of Sports Medicine Exercise Test Technologist
 - American Heart Association Certified CPR & First Aid Instructor
 - American Red Cross Water Safety Instructor
 - Arthritis Foundation Land/Water Certified Instructor
 - Nutrition Instructor Tulsa Community College 12 years
 - SCW Fitness Education Personal Trainer, Kids in Motion, Aquatic Aerobics, Zumba, Advanced Functional Training, Pilates Matwork, Kettle Weight Certifications
 - 20+ years experience
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