

Beth Hoeck

PERSONAL TRAINER

With over 20 years of dedicated experience in the fitness industry, Beth can partner with you to reach your health and wellness goals. Throughout her career she has worked with a wide range of clients from teens to older adults. She specializes in working with the aging population focusing on enhancing balance, strength and overall health. Her approach to fitness is personalized programs based on each individual client. When she is not at the gym she is running the trails and playing with her two kids



EDUCATION & CERTIFICATIONS

- National Academy Sports Medicine Personal Trainer
- B.S. Applied Health Science
- ACE Senior Fitness Specialist
- GGS Perinatal Fitness
- AEA Water Fitness

SPECIALTIES

- Strength Training
- Injury Prevention
- Prenatal/Postpartum

HOBBIES

- Weightlifting
- Running
- Playing tag with my kids



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Lake Oswego, OR 97035
503-635-3561

Kyle McVicar

PERSONAL TRAINER

Kyle will work with you to design custom exercise plans that motivate you to achieve your wellness and fitness goals. The plan you and Kyle design together may include resistance training, interval and circuit training, or cross training with a focus on functional movement. In addition to exercise plans, as your personal trainer, he can provide tailored counseling on diet, nutrition and healthy lifestyle choices in order to help you achieve your overall wellness goals.



EDUCATION & CERTIFICATIONS

- ◆ ACE Certified Personal Trainer
- ◆ AFAA Certified Personal Trainer
- ◆ APEX Certified Health Coach
- ◆ TRX Suspension Training

SPECIALTIES

- ◆ High Impact Sports Training
- ◆ Posture, Balance, and Body Alignment
- ◆ Injury Prevention

HOBBIES

- ◆ Hiking with my dogs
- ◆ Watching and playing Sports
- ◆ Exercising
- ◆ Mortgage advising
- ◆ Real Estate



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Leno Pugh

PERSONAL TRAINER

Leno is passionate about opportunities to help others realize the tremendous benefits of staying fit. He believes each individual has the potential to improve their health and lifestyle by undertaking a regime of physical fitness and that you can increase your energy level and feel better at any age. The most successful program will incorporate challenging activities that you enjoy. His approach is to work with each individual to ensure their training program is designed so that they can achieve their specific fitness goals.



EDUCATION & CERTIFICATIONS

- ◆ ACE Personal Training
- ◆ ISSA Personal Training
- ◆ 15+ Years of Personal Training Experience

SPECIALTIES

- ◆ Stays educated in the fitness world, learning new approaches in different techniques to best serve his clients of all ages

HOBBIES

- ◆ Working Out
- ◆ Outdoor Activities
- ◆ Photography
- ◆ Horseback Riding



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Marleise Martuscelli

PERSONAL TRAINER

Marleise is certified by the American Council on Exercise as a Personal Trainer, Group Fitness Instructor and Fitness Nutrition Specialist. She started teaching group fitness classes when she was 17 years old and has continued to learn and expand her knowledge through the years with certifications and continuing education classes. She loves helping others learn the importance of fitness and nutrition in their daily lives and to always trust the process!



EDUCATION & CERTIFICATIONS

- ◆ ACE Personal Trainer
- ◆ ACE Fitness Nutrition Specialist
- ◆ ACE Group Fitness Instructor
- ◆ Buti Yoga
- ◆ YogaFit
- ◆ Schwinn Cycle

SPECIALTIES

- ◆ Yoga
- ◆ Weight Training
- ◆ Weight Loss

HOBBIES

- ◆ Hiking, Paddle Boarding, Lifting Weights, Chakra Healing, Playing with My Kids



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Wendy Berton

PERSONAL TRAINER

Wendy has spent her life committed to enjoying teaching all ages, coaching and participating in health and fitness. Her many years teaching Barre Fitness has helped cross train her and others to stay injury free and continue other sports they love such as running and golfing. She has developed many fitness programs over the years for communities to participate in all fitness levels indoors and outdoors!



EDUCATION & CERTIFICATIONS

- ◆ USWFA Master Level Personal Trainer
- ◆ AEA Group Fitness Instructor
- ◆ RRCA Running Coach & Instructor

SPECIALTIES

- ◆ Running
- ◆ Core & Balance
- ◆ Strength Training
- ◆ Getting clients back to what they love to do

HOBBIES

- ◆ Running
- ◆ Swimming
- ◆ Golf
- ◆ Walking her pug Skye with her husband



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Sherry Bonekat

PERSONAL TRAINER

Sherry is a Certified Medical Exercise Specialist through the American Council on Exercise (ACE), and is qualified to guide clients suffering from chronic illness and injury by designing programs that not only help to alleviate symptoms, but to prevent them from occurring altogether. She is also a certified personal trainer (ACSM) and an ACE-certified health coach and group fitness instructor, and holds master's degrees in Education and Exercise Science. Sherry is a parent to two teenagers and maintains her own fitness through the fun of running, dancing, lifting, and cross-training.



EDUCATION & CERTIFICATIONS

- ◆ M.S. Exercise Science
- ◆ M.A. Education
- ◆ American College of Sports Medicine (ACSM)
- ◆ American Council of Exercise (ACE)
- ◆ Medical Exercise Specialist (ACE)

SPECIALTIES

- ◆ Prevention, Management, and Treatment of Chronic Illness and Injury through physical activity and exercise

HOBBIES

- ◆ Gardening
- ◆ Choreography
- ◆ Literature
- ◆ Nutrition for health, wellness, and performance



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