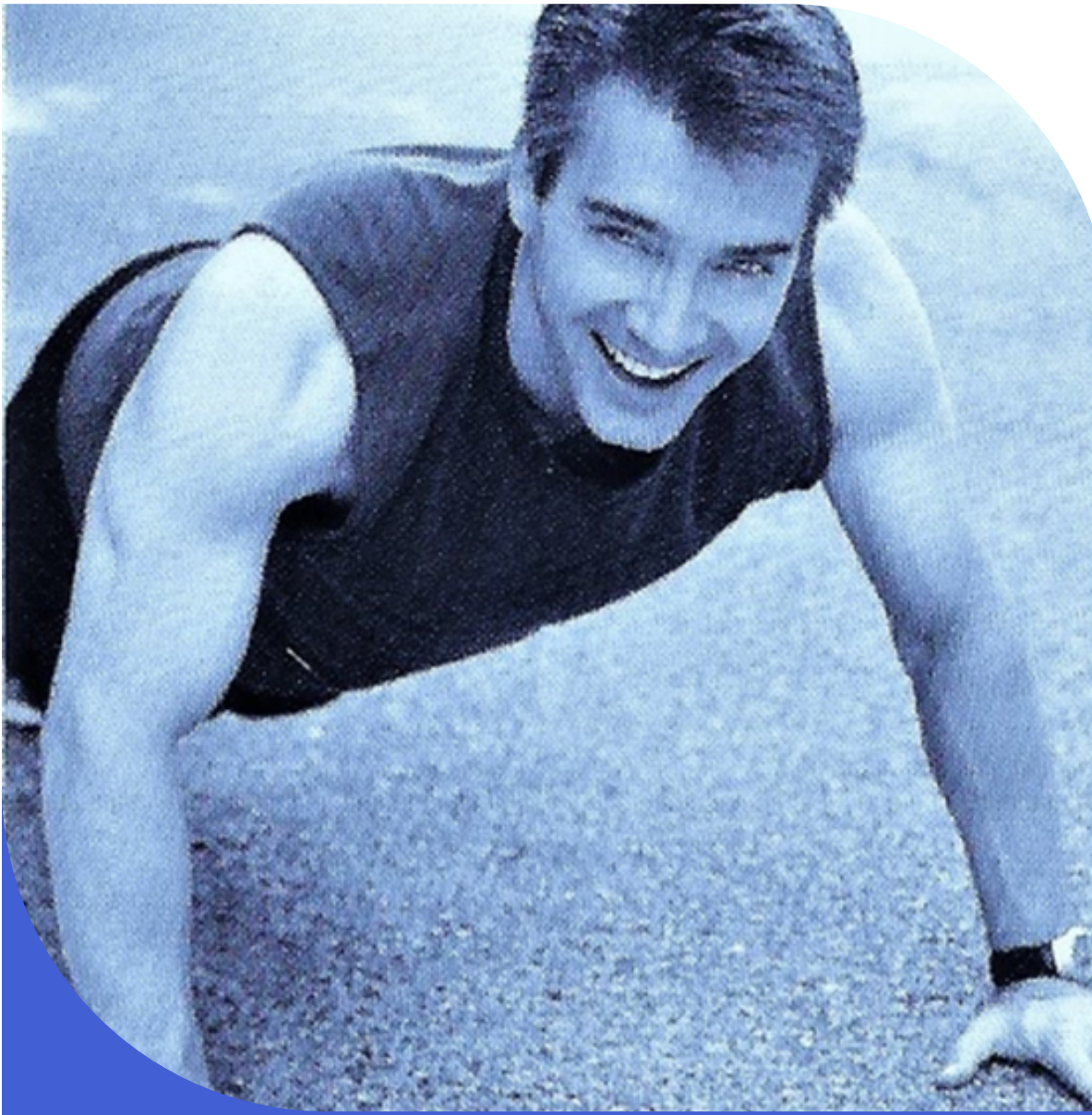


PCMARC Independent Contract Trainers



Randy Haas



770-833-3294
ranhaasfit@gmail.com

Randy has an extensive fitness background with over 30 years of experience. He holds a BS degree in Exercise Science and is a Trainer, Golf Fitness and Weight Loss Specialist, certified through the National Academy of Sports Medicine. Prior to relocating to Park City in 2016, Randy owned and operated a fitness training business in Atlanta, Georgia, for 22 years. In addition, he was the lead trainer at Atlanta's Four Seasons Hotel Fitness Center for 19 years. Randy's focus is on functional fitness, with a well balanced, efficient and fun approach to help clients meet their goals, from everyday wellness to athletic endeavors.

Kristin Lane



435-565-0511
coachklane@gmail.com

Kristin Certified Corrective Exercise Specialist, Personal Trainer, Mountain Bike Coach, Ski Instructor. I consider myself a "Coach", rather than a "Personal Trainer" and I pride myself on communication and an ability to connect on multiple levels of my client's lives - not just fitness. I specialize in Functional Training, teaching clients how to move better and then move more often and with more efficiency - this works to improve enjoyment and quality of life. My clients are people who want to achieve better performance in skiing, cycling, or golf, individuals of all ages who are recovering from orthopedic surgery, or people who just want to finally learn "how" to workout. My ultimate goal of my work is for my clients to not need me - I am here to improve people.

Jonathan Garcia



281-705-9380
jagpj23@gmail.com

Jonathan, a 2x Olympic athlete turned personal trainer and performance coach, Jonathan brings a wealth of firsthand experience and expertise to help individuals achieve their performance and fitness goals. As a prior professional athlete, he has worked with the best trainers and coaches in the World. With a successful coaching tenure in Park City, he has just returned from Wisconsin where he worked with top-tier athletes across various disciplines, fine-tuning their performance to reach their fullest potential. Jonathan has worked with diverse clients, from beginners to elite D1 and Pro athletes. With a passion for fitness and a track record of success, he is dedicated to guiding clients towards their peak physical and mental performance.

Janet Miller



435-640-5610
janetmiller69@gmail.com

Janet is an ACE certified fitness trainer with 20 years of experience. She came to the business as a competitive body builder but switched to bike racing, adventure racing & is still an avid cyclist. She enjoys helping anyone, athlete or "average joe", become a more fit, faster and better person both in & out of the gym.

Jillian Vogtli



435-640-2645
jillianvogtli@gmail.com

Jillian is a two-time Olympian and 13 year member of the US Ski Team. Jillian focuses on helping you achieve balance; mentally, physically and emotionally, as well as the tools needed to sustain this balance. Jillian's workouts help clients achieve this goal through functional fitness, mindfulness techniques, strength training, flexibility, balance, cardiovascular fitness and group classes. Jillian invites you to experience mindful fitness through her body and soul wellness program.

PCMARC Independent Contract Trainers



Trent Hickman



801-558-9878
parkcitysup@gmail.com

Trent is a graduate from the University of Utah and certified ISSA Personal Trainer. He loves working and connecting with people in a effort to help them achieve their fitness and health goals. "the greatest part about what I do are the connections I make with people and being a part of the process as they accomplish their goals." Trent loves outdoor activities and of ALL kinds and competes in SUP racing.

Alyssa Hernke



406-396-0682
longevity.strength23@gmail

Alyssa specializes in injury prevention and sports performance, bringing experience as a collegiate strength and conditioning coach. She holds a B.S. in Exercise Science and an M.Ed. in Educational Leadership, and is a certified Strength and Conditioning Specialist (CSCS). Passionate about helping individuals of all ages, Alyssa focuses on improving longevity and performance in both daily activities and pursuits that inspire and energize her clients (skiing, dancing, running, playing with your grandkids, etc.)

Holly Kambeitz



925-457-8338
hollykambeitz@gmail.com

Holly is a NASM certified Personal Trainer and Adapt certified Functional Health Coach. She has a passion for nutrition and physical fitness and has an extensive athletic background. She grew up in Washington State skiing the Cascades, playing competitive tennis and running. She believes strength training is the key to longevity and living your best life and would love to help you get to your next level of feeling your best!