

Hinda Dukes

PERSONAL TRAINER

hindad@minnesotajcc.org

Education/Certification

- BA in Nutrition – NYU
- NETA Certified Personal Trainer

Special Interests

- Osteoporosis Prevention
- Senior Fitness
- Indoor Cycling



Hinda started exercising when she had her first of nine children. She fell in love with the experience and the positive impact it had on her day-to-day energy. In addition, her personal fitness practices are the one area she has control over.

Hinda's motivation is knowing that one of the greatest moments in life is when you realize that one month ago, your body couldn't do what it just did. Her hope is that the women she works with will be empowered to take control of their own health and also experience, as she does, the physical, emotional, and spiritual health benefits through exercise.

Chris Head

PERSONAL TRAINER

chrish@minnesotajcc.org

Education/Certification

- BS Horticulture
- Certified Personal Trainer – National Personal Training Institute
- Corrective Exercise Specialist
- Functional Aging Specialist

Special Interests

- Active Isolated Stretching – Educated by Aaron Mattes
- Strength Training for Women
- Balance and Mobility
- Parkinson Disease, Arthritis and other Degenerative Aging Diseases



Chris has developed her own solid exercise practices around the philosophy of keeping physical independence. As we age, being independent requires us to be able to do natural movements the body is designed to do such as getting up and down, squatting and overall balance and mobility. Chris also encourages strength training. She teaches her clients how to improve their individual strength while working around challenges of aging, osteoporosis, and other degenerative diseases.

Nate Kubik

PERSONAL TRAINER

natek@minnesotajcc.org

Education

- BA Exercise Science
University of Northern Iowa
- MA Kinesiology
University of Northern Iowa
- ACE CPT
- TRX Level 1

Special Interests

- First time exercisers
- Strength and conditioning
- Age-specific exercise
- TRX
- Hypertrophy/bodybuilding training
- Weight loss/weight management



Nate's own fitness journey started when he personally lost 70lbs. His physical and mental health improved drastically, and he wanted to help others experience the positive effects exercise can have. Nate has worked in a variety of roles in the fitness industry and has been a personal trainer for just under a decade. Nate can help you meet your exercise goals whether you're a first-time exerciser, or someone with performance related goals.

Russell O'Brien

PERSONAL TRAINER

russello@minnesotajcc.org

Education

- BA at Bowdoin College in Computer Science and Physics, *Cum Laude
- NASM Certified Personal Trainer
- CPR/AED Certified

Special Interests

- Posture/Alignment
- Mobility
- Injury prevention
- Aerobic fitness
- Kettlebells



Russell is a lifelong athlete, who has come to value exercise for the enrichment it brings to all aspects of life. His personal realization that mental and physical health are inseparable is what led him to enter the fitness industry. Russell believes that no matter your fitness level, exercise should be invigorating and enjoyable. He will work with you to set fitness goals that excite your imagination, and to develop your confidence in embracing the challenges of training as opportunities. Whatever your goals may be, it is his hope that you will develop a relationship with your body that makes you excited to move every day.

Diana Person Solomon

PERSONAL TRAINER

dianap@minnesotajcc.org

Education/Certification

- BS Communication Studies
St. Catherine University
**Magna Cum Laude*
- NETA Nationally Certified
Personal Trainer
- AFAA Group Fitness Certified
- Indoor Cycling
- TRX, kettlebell, BodyPump,
BodyFlow , Mat Pilates
- CPR/AED Certified

Special Interests

- Partner Training
- Strength and Conditioning
for Women
- Cardio / Respiratory Endurance
- Group Fitness Formats
- Fitness For Maturing Adults
- Balance and Mobility
- TRX - Stretching
- Triathlon Training, All Levels
- Daily Living Skills



Having held a variety of roles in the fitness industry for over three decades, Diana understands the importance of staying fit, maintaining mobility, and retaining independence. Although she is well versed in several specific training formats, she believes that variety is the key to achieving overall fitness and great athleticism. Diana is a true motivator and confidence builder. Whether it's training for a triathlon or improving daily living skills, she is here to listen and create a fitness program tailored just for you.

Wincent Souriya

PERSONAL TRAINER

wincents@minnesotajcc.org

Education

- BA Exercise Science
Concordia University–St.Paul
- ACE CPT
- Crossfit L1
- USA–Weightlifting L1

Special Interests

- Olympic Weightlifting
- Strength and Conditioning
- Interval Training
- Power, Speed, Agility, Quickness
- Mobility
- Weight loss/weight management



As a competitive weightlifter, Wincent specializes in strength and performance training. He has a passion for helping others achieve their goals. His experience ranges from general population to high school and collegiate athletes. Wincent believes exercise is beneficial for overall health. He wants people to realize that whatever you set your mind to, you can achieve it.

Hannah Thornton

PERSONAL TRAINER

hannaht@minnesotajcc.org

Education/Certification

- NASM CPT – National Academy of Sports Medicine Certified Personal Trainer
- CPR/AED Certified

Special Interests

- TRX
- High Intensity Interval Training
- Cardio Bootcamps
- Yoga



Hannah is focused on helping clients of all ages with their fitness. Whether that's functional movement, weight training, or high intensity interval training – she is here to meet you enthusiastically and get you to your goal.

Hannah will help build your confidence to overcome barriers and figure out your goals, while also helping you find your way towards a healthier lifestyle. She will help you figure out what that looks like for you, it's not a one size fits all!