

# 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
- Mobility Training
- Post Rehabilitation
- Balance and Core
- TRX



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 and mood. 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 is when you realize that one month ago, your body couldn't do what it just did. Her hope is that the people she works with will be empowered to take control of their own health and 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
- NASM Corrective Exercise Specialist
- 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.

# Amber Olivier

PERSONAL TRAINER

*ambero@minnesotajcc.org*

## Education/Certification

- NASM CPT (certified personal trainer)
- NASM CNC (certified nutrition coach)
- YTT 200hr - Frog Lotus Yoga International

## Special Interests

- Yoga
- Boxing
- Recovery & Restoration
- Posture/Alignment
- Weight loss & management
- HIIT
- Running
- Dance
- Strength Training



Amber is a multi-passionate fitness professional. She loves working with people to rehab after physical therapy ends and training clients to reach their PRs. Since 2008, after retiring from a career as a dancer, she began teaching a variety of fitness styles including; yoga, boxing, HIIT & senior fitness. She believes when you find the fun, victory of reaching goals is imminent. She also believes that diligence and hard work have the biggest pay-offs when recovery is a priority.

# Diana Person Solomon

PERSONAL TRAINER

[dianap@minnesotajcc.org](mailto: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.



# Linda Reiff

PILATES INSTRUCTOR

*[lindar@minnesotajcc.org](mailto:lindar@minnesotajcc.org)*

## Education/Certification

- BFA Dance - California Institute of Arts
- MA Dance Education - Teachers College, Columbia University, NYC
- Associate Degree - Physical Therapist Assistant
- Physical Therapist License - Michigan and Minnesota
- Comprehensive Pilates Certification - Fletcher Pilates®
- Body Mind Dancing Certification - pending
- AEA Certification- Water Aerobics



Linda Reiff has spent her career as a dancer, choreographer and teacher in New York, Cincinnati, and Lansing, Michigan. She has received choreographic and teaching grants from Ohio Arts Council, the City of Cincinnati and Kentucky Arts Council.

Linda discovered Pilates and became a certified Pilates teacher with Fletcher Pilates® in 2006. She became a studio owner of Pilates Zone Inc. in Cincinnati and in East Lansing MI. During her 18+ years of teaching Pilates, she has taught Pilates equipment classes, private sessions and a variety of floor-based classes to all populations and levels of students.

What inspires Linda as a teacher is her belief in the power of movement to enhance people's lives in a healthful and mindful way. Her Pilates teaching style is full of fun, and is infused with an awareness of the subtleties of movement and functional integrity. Come and feel the flow!

# 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!