

## Personal Trainer Bio Sketch

# Rita Tenuta

Certified Personal Trainer



I have worked as a trainer and group fitness instructor at MWR Fitness Center since 2006. I am passionate about fitness. After having four children, I began to engage in my personal fitness development and have first hand experience of the tremendous benefits that fitness training offers. The goals I set for my clients as a personal trainer are the same that I set for myself; which are to educate, motivate, and to develop a good, consistent fitness routine so my clients will return to the gym with knowledge and confidence.

I have experience training all age groups from senior citizens to teens. I have worked with clients rehabilitating from injuries and/or prolonged absences from a fitness routine. I have successfully worked with military personnel to pass their APFT.

I will work with my clients to develop both cardiovascular and strength training routines. I am a strong advocate of strength training and feel many are unaware of the abundant benefits, particularly women and those over 40. I enjoy introducing clients to various cardiovascular exercises and strength programs. Through cross training and the discovery of diverse strength training regimens, my clients can obtain maximum fitness and help to relieve boredom and keep their gym experience fun.

### Certifications

AFAA Personal Trainer  
AFAA Group Certification

### Group Classes

Strength Training for Women  
Teen Strength and Fitness Class  
Boot Camp

I have accredited CEUs in various class such as Exercise Science, BOSU training, Teen, Yoga and Senior Fitness.

### Contact Information

845-446-3630 [tenuta06@yahoo.com](mailto:tenuta06@yahoo.com)

# *Felicia C. Hanes*

*Certified Personal Trainer*



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## **About Me**

I have always been a very physically active person even as a child. I performed in the top 1% in physical fitness testing in school and often performed much better than most of the boys in my peer group. I began running for fitness benefits at the age of 15 and soon after was introduced to strength training by a friend. I became certified for the first time in floor aerobics at 16, then beginning my career as a fitness educator. I taught aerobics for our city's recreation department during the school year and water aerobics during the summers at the city pool. In college, I worked at the Student Recreation Center as a weight trainer and water aerobics instructor and also as a certified personal trainer at a local gym. I am currently happily married with three children including a set of twins and am proof that you can get back in shape after children.

With an extensive family history of heart disease and cancer (my mother a breast cancer survivor) mostly as a result of genetics, a sedentary life style, and poor eating habits, I chose to be proactive about my health and wellness. I like to say that I am "running for my life." Fitness is a part of who I am and I want to share my enthusiasm and knowledge about the benefits of a healthy body with my clients.

## **Education**

Bachelor of Arts in Psychology/Minor-Human Development  
The University of Alabama in Tuscaloosa-**ROLL TIDE!!!!**  
August 1994-December 1998

## **Current Certifications**

Certified Personal Trainer, I.F.P.A & A.C.E.  
Certified Primary Group Fitness Instructor, A. F. A. A.  
Youth Strength Training Certification A.C.E.  
CPR/First Aide/AED

## **Awards and Recognitions**

2<sup>nd</sup> place in age category-5K Swamp Run-Williamsburg, VA 2006  
3<sup>rd</sup> place in age category-10K The College of William and Mary 2006  
JWCW President's award 2006

## **Relevant Educational Experiences**

Athletic Business Conference-Orlando, FL 2007-Various Seminars and Workshops on Fitness and Fitness Management.

## **Relevant Job Experience**

Group Fitness & Water Aerobics Instructor-Tallassee Recreation Dept.-Tallassee, AL  
Weight Room Instructor & Water Aerobics Instructor-The University of Alabama Student Recreation Department-Tuscaloosa, AL  
Universal Fitness-Certified Personal Trainer -Tuscaloosa, AL  
West Point FMWR Fitness Center Facility Manager, Personal Trainer, Group Fitness Instructor-Present

# TEAM WHITE FITNESS

## PERSONAL TRAINING & ATHLETIC DEVELOPMENT

DANA ANELLO WHITE, P.T., M.S., C.P.T.

*NASM CERTIFIED PERSONAL TRAINER*

[TEAMWHITEFITNESS@GMAIL.COM](mailto:TEAMWHITEFITNESS@GMAIL.COM)

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**Team White Mission Statement:** To provide the highest quality, evidenced-based personal fitness training and athletic development services, promoting permanent behavior change in support of a healthy, active lifestyle.

Team White is committed to:

- Develop personalized, realistic, time-effective fitness and/or athletic goals
- Develop measurable objectives, assessments and an individualized lifetime fitness plan that supports those goals
- Identify and create a support network for clients
- Enhance athletic performance with functional-based training programs
- Genuinely care for the welfare of client's success both during and after the completion of services

### Certifications

National Academy of Sports Medicine Certified Personal Trainer, #1340406

Licensed Physical Therapist, New York State, #021582

CPR/AED, American Heart Association

### Education

M.S., Sport Administration, Canisius College, Buffalo, NY, 1997

B.S., Physical Therapy, University at Buffalo, Buffalo, NY, 2000

B.S., Exercise Science, University at Buffalo, Buffalo, NY 1994

### Athletic Accomplishments

Marine Corps Marathon, Washington, DC, 2006

Ironman Lake Placid, Lake Placid, NY, 2003

Boston Marathon, Boston, MA, 2003

Chicago Marathon, Chicago, IL, 2002

New York City Marathon, New York, NY, 2001

Several Olympic Distance/Sprint Triathlons

NCAA Division I Collegiate Swimmer/3-year Team Captain, University at Buffalo, 1990-1994