



MEET THE PERSONAL TRAINERS

ERIKA HARR

Certifications:
NETA PT Certified, Personal Training Fitour Certification, Fitour Group Fitness Instructor

Experience:
Sport and Weight Lifting Techniques, helping others move better through correct exercise techniques.

JOSH VILLARO

Certifications:
NASM

Experience:
NASM Certified since 2010. Experienced in one-on-one training, couples and group training. Boot Camp classes with groups as large as 16 people. I was a remedial fitness coach in the Marine Corps. I've been involved in several different sports from track, soccer, wrestling, football, and basketball.

Specialties:
I am able to train individuals at all levels of fitness, from beginner to very experienced.

KERI PETERSON

Certifications:
ACE Certified Personal Trainer

Experience:
Trainer since 2010. Collegiate Athlete, Varsity Basketball Coach, Group Instructor

DEB HAMAN

My husband, Tony and I have been members of the YMCA for nearly 15 years. I am a certified personal trainer, have behavior intervention training and completed my graduate studies in gerontology (working with older adults) with a concentration on health and exercise. I love the outdoors; hiking, biking, kayaking, water and snow skiing and I recently took up snow shoeing. I have been committed to health and fitness nearly my entire life and incorporate it into every aspect of my daily life.

BRIAN HARSHMAN

Certifications:
NESTA Certified Personal Trainer

Experience:
High school basketball coach, college track and strength and conditioning coach at the NAIA and NCAA D2 level, as well as a strength and conditioning coach for a pro wrestling organization. I have been involved with sport at every level from high school to college to security for the Denver Broncos at the pro level. I love athletics and coaching athletes as well as any individual that wants to increase overall performance and athleticism. I can assist anyone at any level to help them reach their goals.

