



# 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.

## REECE LOVE

**Certifications:**  
NASM

**Experience:**  
I really got into lifting almost four years ago. What at first seemed like something you had to do to get back in shape, became so routine for me that I was able to pack on a lot of strength, learning much about the body and how it operates along the way; It gave me the passion to help others learn and reach their goals too! I am an avid skier, and an ex- gymnast.

