



KROC KERRVILLE

The Kroc Center's Certified Personal Trainers



Current as of 4/26/17

Lance Wilke, MS, LAT, PES, CES, FTS, BMS

Fitness & Wellness Manager / Director of Human Performance

Licensed Athletic Trainer / NASM Certified in Corrective Exercise

& Sports Performance / Functional Training Specialist (FTS) / Former Certified Athletic Trainer (ATC), Strength & Conditioning Specialist (CSCS), ACSM Certified Exercise Physiologist (CEP), and NSCA & ACE - Certified Personal Trainer

Beginner's, Senior's & General Fitness / Weight Loss & Management
Strength & Functional Training / Corrective Exercise / Athletic Injury Rehab
Bodybuilding / Sports Performance & Nutrition

Certified through: National Academy of Sports Medicine (NASM); National Exercise & Sports Training Association (NESTA) Formerly: NATA, ACSM, NSCA & ACE

Facebook: **IGNITE Fitness & Wellness Coaching**

lance.wilke@uss.salvationarmy.org

(830) 315 – 5764

Ken Marshall, BA, CPT

Certified Personal Trainer

Beginner's & General Fitness / Weight Loss & Management

Strength Training, Senior's Fitness; Golf Conditioning Specialist;

Sports Performance / Nutrition

Certified through: American Council on Exercise (ACE): GMP Fitness;

American Academy of Health & Fitness (AAHF)

kennethmarshall1@yahoo.com

(830)285 – 3109

Dan Seale, BS, CPT, TSAC-F

Certified Personal Trainer / Group Exercise Instructor

Beginner's & General Fitness / Functional Strength / Fat loss

Muscle building / Toning / Tactical Strength & Conditioning

Core stability / Senior's Strength & Fall Prevention

Certified through: NSCA

Omegatraining2@gmail.com

(830) 777 - 2858

Heather Morris, BS, NASM-WFS, CPT

Certified Personal Trainer / Group Exercise Instructor

Beginner's & General Fitness / Functional & Core Training

Pre & Post-Natal Fitness / Extreme Weight Loss & Management

Runners / Cardio Conditioning / Senior's Fitness

Balance Training / Exercise for Post- Traumatic Brain Injury

Nutrition Specialist / NASM Certified Women's Fitness Specialist

Certified through: Cooper Institute, National Academy of Sports Medicine (NASM)

moxfit@live.com

(830) 377 – 0250

Michelle Malenke, CPT

Assistant Fitness Coordinator / Head of Group Exercise

Certified Personal Trainer / Group Exercise Instructor

Beginner's & General fitness / Endurance fitness

Spinning / TRX / Sports Performance

Certified through: ACE, ACTION Personal Training; Madd Dogg Spinning; TRX

Michelle_malenke@uss.salvationarmy.org

(830) 739 – 7088

Mindy Rhodes, BA, CEP

Certified Personal Trainer

Beginner's & General Fitness / Senior's Fitness / Strength Training

ACSM Certified Exercise Physiologist

Certified through: American College of Sports Medicine (ACSM)

Mrhodes608@gmail.com

(830) 353 - 1282

Jacob Boone, LVN, CPT

Certified Personal Trainer / Licensed Vocational Nurse

Beginner's & General Fitness / Muscle Building & Toning

Boxing & Kickboxing / Football & Baseball Prep

Certified through: ACTION; NASM (Formerly)

jboonex1@yahoo.com

(830) 377 - 5562

Corrine Gandy, BS, CPT

Certified Personal Trainer / Group Exercise Instructor

Beginner's & General Fitness / Yoga / Endurance Fitness

Triathlons / Core & Strength Training / Cycling

Certified through: American Council on Exercise (ACE); NESTA; ACTION Personal

Training, Yoga Alliance; Madd Dogg Spinning

cdgandy@gmail.com

(830) 777 - 0509

Nikolas McWhirter, CPT

Certified Personal Trainer / Group Exercise Instructor

Beginner's & General Fitness / Core & Strength Training

Corrective Exercise / Martial Arts

Certified through: ACTION; ACSM & NSCA (Pending))

nikjaemc@hotmail.com

(361) 442 - 9233