



The Kroc Center's Certified Personal Trainers



TRAIN SMART. ACHIEVE MORE.

Active Trainers - Current as of 1-8-18

Heather Morris, BS, NASM-WFS, CPT

Certified Personal Trainer

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

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

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

Corrine Delabarre, 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

Corrinedelabarre5@gmail.com

(830) 777 – 0509

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

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

Brandon Taylor, CPT

Certified Personal Trainer

Beginner's & General Fitness / Strength Training
Lifestyle & Weight Management / Nutritional Guidance
Senior Fitness / Sports Performance/ NPC Bodybuilding
Military Physical Training
Certified through: ACTION. Crossfit Level I

dbrantaylor@hotmail.com

(361) 877 – 4182

Edie Jones, CPT

Certified Personal Trainer / Group Exercise Instructor

Beginner's & General Fitness / Strength Training
PUMP! / Bootcamp Classes / Water Aerobics / Runners / Fitness Nutrition
Certified through: National Academy of Sports Medicine (NASM)
in Personal Training

ediejones@yahoo.com

(830) 522 – 1628