



John Katsares

614-296-0563
katsares.1@osu.edu
[Availability](#)
Mon - Fri 5:30—11:30am, Sat 8 a.m.—noon
[Education](#)

B.S. in Physical Education, The Ohio State University.
[Certifications](#)
CSCS (NSCA), USAW Senior Level weightlifting coach, HKC (Kettlebell) Certified
[Experience](#)
Head Strength and Conditioning Coach – Columbus State Community College Instructor for sports and fitness management – Columbus State Community College
Developing and implementing fitness programs since 1993
Head strength and conditioning coach at St. Charles Prep School (Feb 1999 – Sep 2000)
Presenter for drug awareness program “Drugs in Sports, the Losing Game” (May 97 – 2004)
Strength and conditioning programming for various sports



Jennifer Alexander

614-323-4338
jalex@columbus.rr.com
[Availability](#)
Mon – Fri 7 a.m. – 2 p.m.
[Education](#)
A.S. in Sports and Fitness management, Columbus State

A.A. in Exercise and Sports Science, University of Florida
[Certifications](#)
American Council on Exercise Certified Personal Trainer since 1996, EMT - Paramedic Adult/Child First Aid and CPR/AED American Red Cross, Merit Badge Counselor for Boy Scouts of America
[Experience](#)
Dublin Community Recreation Personal Trainer since 1996. Available for individual and small group training. Strength and conditioning instructor for a variety of classes including beginner and advanced weight training, golf conditioning, and senior strength. Specializing in post-rehab exercise, health counseling and goal setting for all ages and levels.



Matt Wheat

614-917-3412
mwheat80@hotmail.com
[Availability](#)
Mon-Fri 5:30am-Noon and 3–7 pm, Sat 8 am–Noon
[Education](#)
B.S. in Exercise Science, Miami

University
[Certifications](#)
ACE Certified Personal Trainer, Adult/Child/Infant First Aid and CPR/ AED (American Red Cross)
[Experience](#)
One-on-one fitness consultant, specializing in beginner-level exercise programming, assessments and fitness testing- Dublin Community Recreation Center
Assistant strength and conditioning coach- Fairfield High School
Player trainer, pre- and post-test assessments, Ignition Athletics Performance Group
Sports injury liaison to athletic trainers- Beacon Orthopedics and Sports Medicine
Specialties: General fitness training for all ages and fitness levels. Sport-specific strength, speed and agility training. Available for individual and small group fitness training.



Jen Yetter

614-738-1781
jen8gallen@yahoo.com
[Availability](#)
Mon & Wed 4–7 pm, Sunday 8am-11:30am
[Education](#)
B.S. in Health Promotion, Bowling

Green State University
[Certifications](#)
NSCA Certified Personal Trainer, YogaFit Certified Yoga Instructor, AFFA Certified Kickboxing Instructor, ACE Certified Cycling Instructor, CPR/ AED Certified
[Experience](#)
Group Exercise Coordinator/Health and Fitness Professional at Scott's Fitness Services (August 2010-Present)
Group Exercise Supervisor/Fitness Specialist at Honda's Watson Wellness Center (June 2006-August 2010)
Instruct "The Winning Weigh" Corporate Weight Loss Program (June 2006-August 2010)
Wellness Educator/Exercise Specialist for Wood County Hospital (2006)
Fitness Assessor/Consultant at FitWell (2005)
Personal Experience: Distance running and softball, also instruct a variety of group exercise classes including Bootcamp, Spinning, Kickboxing, Step, Yoga and Senior Strength.
Specialties: Individualized training for all ages and fitness levels. Goal-specific training for weight loss, strength and/or cardiovascular endurance. Uses a variety of equipment and training techniques to keep workouts challenging and effective for each individual. Available for one-on-one or two-person training.

Personal Trainers



Paul Gaultieri

614-531-0589
pwithclubohio@gmail.com
[Availability](#)
Mon-Fri 6-9 a.m., 2-5 p.m. Sat 8a.m.-8p.m. Sun 4-8 p.m.
[Education](#)
B.S. Education and Sport, Leisure, and coaching sciences, Ohio State University

[Certifications](#)
N.F.P.T. Certified Personal Trainer
[Experience](#)
Current: Speed/Agility/Strength Coordinator, Staff Coach for Team Ohio FC Soccer, Boys and Girls U12 – U16 age group. Fitness Consultant for Hudson High School Girls Soccer, Hudson, OH
2009 Fitness Coach for Thomas Worthington Varsity Boys Soccer Team
2011 Dublin Coffman Boys JVA Coach and Strength and Conditioning Coach



Sarah Yadegari

614-746-7981
luv2lift64@gmail.com
[Availability](#)
Mon - Fri 5:30 am—8 pm
Sat/Sun 8 am—2 pm
[Education](#)
B.A. in Anthropology, The Ohio State University

[Certifications](#)
NASM - CPT
[Experience](#)
Strength and conditioning, Muay Thai, Mixed Martial Arts, pre and post natal exercise, physique transformation



Aaron Petrosino

614-376-2240
aaron@leanbodiesolutions.com
[Availability](#)
Mon-Thu 8 am—7 pm and Fri 8 am—5 pm
[Education](#)
A.A.S. in Exercise Science at Columbus State Commu-

nity College
[Certifications](#)
Ohio State University certified personal trainer (W.I.T.S.), Apex certified nutrition coach.
Fitness.
[Experience](#)
Personal training at Powell Fitness, The Basic Body, and Lifestyle Family Fitness. Experience with competitive power lifting, fitness assessments, and coaching wrestling (Dublin Coffman High School)
Specialties: Training for all ages and fitness levels. Assisting anyone who desires to reach their fitness goal while promoting motivation, intensity, persistence, consistency, and a healthy diet. Specializes in martial arts/self defense, body building/power lifting, sports specific training, weight loss, and youth fitness.



Matt Griffin

614-940-8306
matt-fitness@hotmail.com
[Availability](#)
Mon – Fri 6 p.m. – 8 p.m.
[Education](#)
B.S. in Sport and Leisure Studies, The

Ohio State University
A.S. in Sport and Exercise Studies, CSCS
[Certifications](#)
NSCA-CPT&CSCS, ACE Certified Personal Trainer
NSCA-CPT&CSCS, RKC
Certified Strength and Conditioning Coach
Training a diverse client base ranging from athletes to sedentary individuals of all ages, Matt has extensive experience working with couples and groups. He has personally participated in a wide variety of organized sports including baseball, basketball, football, lacrosse, soccer, and wrestling. He began strength training in 1992, and became certified as a trainer in 2006. Matt's education includes a Bachelor of Science in Sport and Leisure Studies from The Ohio State University and an Associate of Science in Sport Exercise Studies from Columbus State Community College. He progressively challenges himself and his clients with a variety of fitness approaches that compliment conventional resistance training and mind-body disciplines. These methods include kettlebells, medballs, bodyweight training, plyometric leaping and bounding, and unilateral exercises to promote a well-rounded physical experience.



Christina Heineike

740-816-5376
Christina.heineike@yahoo.com
[Availability](#)
Mon-Fri 5:30-8:30 a.m., Sat/Sun by Appointment
[Education](#)
B.A. in Health and Fitness Management,

Capital University
[Certifications](#)
ACSM Certified personal Trainer, NETA Group Exercise Instructor
[Experience](#)
Fitness Specialist for Honda of America's Watson Wellness Center Jan 2010 – present. Personal training, one-on-one fitness consultation, fitness testing and assessments for a diverse population of individuals. Instructor of various classes including Muscle Pump, Cardio Blast, Cycling, Bootcamp and Yoga. Personal experience in sports, including soccer, gymnastics, track and distance running
[Specialties](#): General Fitness training for all populations as well as specific training for weight loss, cardiovascular endurance, muscular strength/endurance, flexibility, or various sports. Available for small groups or one-on-one training



City of Dublin

RECREATION SERVICES

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