



Carina Vottero

Carina Vottero is passionate about physical activity in sports, ballet, and dance. She has been involved in these disciplines throughout her life, as a dancer and practicing basketball, swimming, and hockey. In later years, she became a professional personal trainer to promote mental and physical health through exercise. Carina enjoys helping individuals achieve real goals, always prioritizing health. Currently, she works exclusively with women going through hormonal changes, contributing to their well-being and quality of life.



Brooks Blackert

Hi, I am Brooks Blackert—a certified personal trainer, USA Swimming coach, and NCAA Division II athlete. With a background in competitive swimming and strength training, I specialize in helping individuals improve mobility, performance, and overall fitness. Whether you are looking to master sport-specific techniques, build endurance, or enhance functional movement, I design personalized training programs tailored to your goals. My coaching approach emphasizes proper technique, structured progression, and a supportive environment to help you gain confidence and achieve real results.



Karl Williams

Training Philosophy: To achieve total fitness (strength, coordination, flexibility) using movements with purpose, form, and function.

Favorite Client: One who is looking forward to a challenge, is open to variety, and is ready to work hard.

- Specialties:
- | | |
|-----------------------------|---------------------|
| - Toning | - TRX Training |
| - HIIT Training- | - Aqua Fitness |
| - Agility Training | - Flexibility |
| - Core & Stability Training | - Strength Training |