



**Danielle Martinez**

Danielle would love to help identify and improve imbalances in mobility and work on your strength, balance, and coordination. Her hope is to help decrease pain and help you move with more freedom!

Danielle has a Bachelors Degree in Kinesiology and Exercise Science, four 200 hour Registered Yoga Teaching certifications and shes a certified Personal Trainer. Additionally, she performed as a professional acrobat on cruise ships for over eleven years.



**Andrez Martinez**

Meet Andrez, an ISSA Certified Personal Trainer. Andrez has worked over 5 years in the fitness industry & has experience with working with all ages. Strength Weight loss & Conditioning Specialist, he emphasizes on programming efficient workouts tailored to his clients needs along with guided support & accountability in order to help maximize their true potential. Andrez enjoys competing in 5ks/10ks as well as spending time with his dog Chulo.



**Courtney**

Courtney has been working in the fitness industry for over 25 years. She has a Masters Degree in Exercise Science from the University of Houston and Bachelors in Communications from the University of Florida. Courtney also is an AFAA certified Fitness Trainer and Instructor. Courtney has been an integral part of the MBIJCC fitness team since the new facility opened in 2012. She teaches a variety of classes including Cycling, Sculpting, Boot Camps, Stretch and Core Conditioning. Courtney is the epitome of fitness She trains hard and brings out the best in her students. She works with a variety of clients, including post-rehabilitation, weight loss, strength and endurance training. In her free time, she enjoys family time, nature walks, swimming and beach time with her dog, Koda



**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