

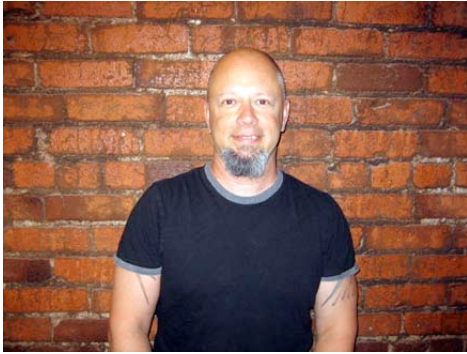
# Meet the Personal Trainers

## James Taylor

**Certifications:**  
N.S.C.A. Certified  
Arthritis Foundation  
Exercise Instructor

**Specializations:**

- Seniors
- Rehabilitation
- Aquatics



## Michael Gonnelli

**Certifications:**  
N.P.T.I. Certified  
Nutritional Consultant  
Certification

**Specializations:**

- Muscle gain
- Fat loss
- Flexibility



## Cameron Burkholder

**Certifications:**  
A.C.E. Certified  
B.A. Women and  
Gender Studies

**Specializations:**

- Core Performance
- Strength Training
- Performance  
Endurance Training



## Molly O'Rourke

**Certifications:**  
A.C.S.M. Certified  
BS in Kinesiology, Minor  
in Recreation

**Specializations:**

- Judo
- Marathon Training
- Strength Training



## Lori Cable

**Certifications:**  
A.C.E. Certified  
BA in Psychology &  
Spanish

**Specializations:**

- Strength
- Core Training
- Stretching and Yoga

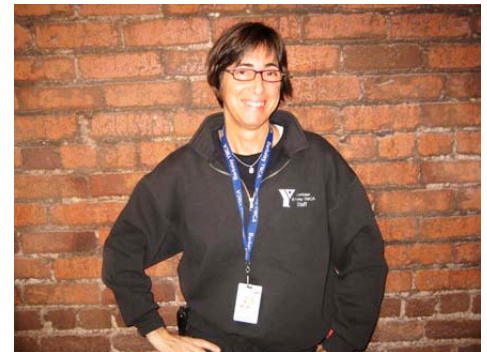


## Nancy Kaspar

**Certifications:**  
A.C.E. Certified  
A.C.S.M. Certified

**Specializations:**

- Marathons/Triathlons/  
Cycling
- Beginners
- Seniors



## Personal Training at the Downtown Berkeley YMCA

For more information on Personal Trainer backgrounds, please see the Personal Trainer Bio Binders or contact Sha Foland, Associate Fitness Director at 510.665.3236 or [sfoland@baymca.org](mailto:sfoland@baymca.org).

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# Meet the Personal Trainers

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## Pam McKernan

**Certifications:**  
A.C.S.M. Advanced Certification  
Certified Yoga Instructor

**Specializations:**

- Rehabilitation
- Core Strength
- Yoga



## Susan Koenig

**Certifications:**  
A.C.E. Certified  
BA Celtic Studies & Linguistics

**Specializations:**

- Functional Strength & Agility Training
- Injury Prevention
- Prenatal & Postpartum Strength Training



## Sha Foland

**Certifications:**  
B.S. Exercise Science  
N.S.C.A. Certified

**Specializations:**

- Stability Ball
- Empowering Adult Cancer Survivors
- Beginner Exercisers



## William Mendoza

**Certifications:**  
A.C.S.M. Certified  
CSCS

**Specializations:**

- Strength and Conditioning
- Bodybuilding
- Sports Performance Enhancement



## Jennifer Harper

**Certifications:**  
A.C.E. Certified

**Specializations:**

- Core Strength
- Athletic Training
- Strength Training



## Sue Jamison

**Certifications:**  
A.C.E. Certified  
Certified Pilates Instructor  
Mat & Apparatus  
Movement Medicine Training

**Specializations:**

- Pilates
- Rehabilitation
- Older Adults



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## Small Group Personal Training

*Want to be the first to know of upcoming workshops?*

If you would like to receive Small Group Personal Training information by email, simply contact Sha Foland at [sfoland@baymca.org](mailto:sfoland@baymca.org), to be added to the Small Group Personal Training Distribution Email list.