

# Meet the Personal Trainers

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## Leah Nelson

### Certifications:

N.A.S.M. Certified

### Specializations:

- Sports Specific Training
- Body Weight Training
- Corrective Exercise



## Dennis Darrow

### Certifications:

N.A.S.M. Certified

### Specializations:

- Integrated Training
- Stabilization/Strength/Power
- Fat Loss/Increasing Lean Body Mass



## 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 Associate Fitness Director at 510.665.3236.

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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



## Sue Jamison

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

**Specializations:**

- Pilates
- Rehabilitation
- Older Adults

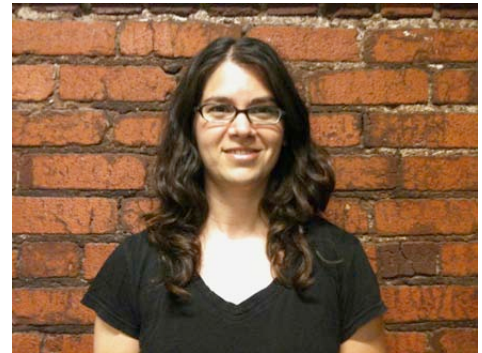


## Rachel Seligman

**Certifications:**  
A.C.E. Certified  
M.S. in Kinesiology, Exercise Physiology  
Concentration

**Specializations:**

- Beginners and Those Returning to Exercise
- Balance and Core Strength
- Functional Training
- Experienced in Knee and Back Injuries



## Olivier Desmet

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

**Specializations:**

- Metabolic resistance training for weight loss
- Core / functional training
- Strength & conditioning for tennis players



## Jocelyn Leche

**Certifications:**  
N.A.S.M Certified

**Specializations:**

- Sports Specific Training
- Speed, Power & Agility
- Body Weight Training
- Olympic / Power Lifting
- Bootcamp Style Training



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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 Hailee Bland-Walsh at [hblandwalsh@baymca.org](mailto:hblandwalsh@baymca.org), to be added to the Small Group Personal Training Distribution Email list.