

Aquatic and Fitness Center Personal Trainer:

After your sessions are purchased, please contact the trainer directly, if a trainer is not listed, they are not authorized to train in this facility.

Gina Rollins HHC Master Trainer

Contact information: 914-474-7692 (Cell)

E-Mail: earthboundfitness@gmail.com

Website: earthboundfitness.com

Education and Experience:

With more than 25 years in the health and fitness
Gina currently holds certifications in the following:

AFAA Personal Trainer

AFAA Aerobics Instructor

AFAA Senior fitness, Aqua Fitness, Step, Spin,
Youth fitness, weight management and stress
management.

AFAA Biggest Loser Coach

Zumba basics 1 and 2, Zumba Gold, Zumbatonic,
Aqua Zumba,

SCW Yoga SCW Aqua Surfset

Institute of Integrative Nutrition

2012 Graduate

Board Certified Holistic

Health Counselor with

the American Association of Drugless Practitioners

Specializing in: Bio-Individual health and fitness plans.

Chopra Center University: Primordial Sound Meditation

Ayurvedic Health

Mission Statement:

To provide people with the necessary tools to live more
productive, energetic, longer and healthier lives through
the most up to date cutting edge information on health and fitness.



Aquatic and Fitness Center Personal Trainer:

After your sessions are purchased, please contact the trainer directly, if a trainer is not listed, they are not authorized to train in this facility.

Vincent Terry

Contact Information:

Cell: (609) 425-5647

Email: vinceterry3@gmail.com

Education and Certifications:

B.S. Health and Exercise Physiology, Ursinus College

American College of Sports Medicine, Certified Personal Trainer

American Red Cross First Aid/CPR/AED

Athletics:

Four year member and captain, Ursinus College Baseball

Mission Statement:

Provide the knowledge, necessary tools, and motivation for
both the athlete training for their respective sport, and for those
looking to maintain a healthy and physically active lifestyle.

