

Aquatic and Fitness Center Personal Trainers

A quick profile of our trainers: Contact a trainer directly that fits the category you signed up for. If a trainer is not listed here, they are not authorized to train in this facility.

Robin Crowley (Master Trainer)

Contact Information: 609-398-9210 (H); 609-602-3256 (Cell)

Education & Experience:

Graduate of Loma Linda University School of Allied Health, Loma Linda, CA 1994
Major Physical Therapy
Licensed Physical Therapist
Certified Personal Trainer – NETA
Certified Pilates Instructor
CPR – American Heart Association

Continuing Education:

Recent Advances in the evaluation & treatment in the Shoulder Complex
Functional Biomechanics
Senior Health and Exercise
Aqua Science
SPRI Stability Ball – form focus & function; high performance legs and core
BOSU for Personal Trainers
Balance Disorders

Personal Statement:

My main goal and objective is to provide my clients with an enjoyable, safe, challenging experience that will achieve their fitness goals. My strengths are in strength and conditioning incorporating pilates to increase core strength and stability. Also, developing an exercise program for pre-op and post-op rehab, cardiovascular conditioning and sport specific per-



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Jackie Curran

Contact Information: 609-442-8775

Education and Experience:

25 years Fitness Instructor Experience
AAAISMA Hatha Yoga Certified
AAAISMA Aqua Certified
AAAISMA Step Certified
SCW Group Exercise Certified
SCW Strength Training Certified
Surfset Certified
AFI Personal Training Certified

Specializing in Tabata style Boot Camp Class
Instructor for Hatha style Yoga
Instructor for Kids Yoga and Fitness
Instructor for Cardio Body Sculpt
Instructor for Aquasize

CPR Certified/First Aid

Personal Statement:

Fitness is a way of life!!

My goal is to teach proper form and safety while making the workouts both fun and energizing, at the same time allowing my clients to reach there personal fitness goals.



Aquatic & Fitness Center Personal Trainers:

When deciding a trainer it is important to look at certifications, the trainer's personality and the trainer's philosophy to ensure a good fit. If a trainer is not listed here, they are not authorized to train in this facility.

Trish Finnegan (Staff Trainer)

Contact Information: 609-425-8114 (cell)
E-Mail: chuckie1027@comcast.net

Education & Experience:

1998 NJ State Police Sea Girt Academy
1998-2002 Ocean City Police Officer
ASFA Boot Camp/Group Certification
ASFA Personal Trainer

Staff Weight Room Instructor

Instructor for Circuit Training/Boot Camp

Instructor for Kids Power Hour Fitness Program

American Red Cross Certification:

CPR/AED for the Professional Rescuer
First Aid for the Lay Responder

Personal Statement:

My objective is to design and implement fun and challenging workouts to fit your goals in order to create a new way of thinking and living.



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Melissa Heisler

Contact Information 609-226-5113

My Certifications are held thru:

ACE - American Council on Exercise
ACSM – American College of Sports Medicine
AEA – Aquatic Exercise Association
AFPA – American Fitness Professionals Association
HFPA – Health and Fitness Professionals Association
ISSA – International Sports Sciences Association
NASN – National Association of Sports Nutrition
NETA – National Exercise Trainers Association
NFPT – National Federation of Professional Trainers

Certifications are:

Personal Trainer, Group Exercise Fitness Training
Holistic Health Consultant
Aqua Science Exercise, Exercise and Arthritis
Fitness over Fifty, Fitness for Senior's
The Overweight Client
Exercise for Knee and Hip Replacement
Tai Chi, Qi Gong Training
Longevity and Wellness – Holistic Diet and Nutrition
Yoga
Fit Kids
Fit Play for Kids
Senior Fitness

Continuing Education Credits held:

Program designing for Personal Training
Strength and Resistance Training
Low Back Pain Management
Exercising with your Mind and Body
100 Hours Essential Qigong Training with Ken Cohen
Yoga for a New Day
Yoga Specialty
Advanced Training for Yoga
Fitness Aquatics Specialty
Golden Waves Functional Water Exercising
Kids Fitness

Personal Statement -

In an effort to keep up to date with all Improvements in exercise science and Safety, my Certifications and Continuing