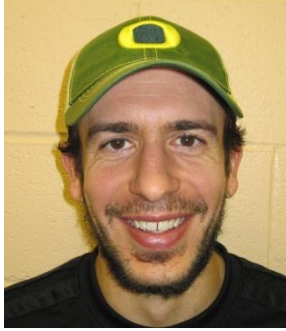


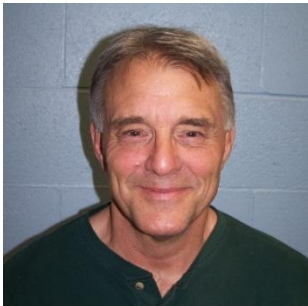
# Meet the YMCA Personal Trainers



**Mike Sotos** Is a Certified Personal Trainer through the American Council on Exercise and also holds an advanced certification as a Strength and Conditioning Specialist. He specializes in working with people who want to increase their health and overall wellbeing through an active lifestyle. Michael has been a Certified Personal Trainer for 5 years and holds a Bachelor's degree in Business from the University of Oregon. He competes in endurance races such as triathlons and marathons in his free time.



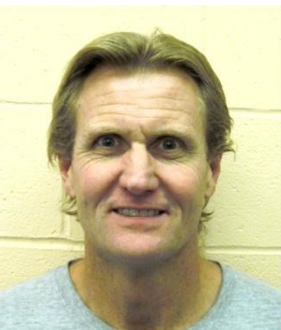
**Darcy Kleiman** Darcy has over 12 years in the fitness industry. As a Certified Personal Trainer and Triathlon Coach, she brings her passion for fitness to each training session. Her goal is to educate others on the benefits of exercise and to make fitness a lifestyle clients learn to embrace. As an Ironman triathlete, she knows what it's like to push past barriers to become a better athlete.



**Stan Gida** Stan has a tremendous amount of experience working with all age groups and fitness abilities. He is an ACE Certified Personal Trainer with his undergraduate degree in Health/P.E. As a former athlete and current high school coach, Stan has the ability to motivate you and produce the results you need. He specializes in working with clients on weight loss, functional strength, core stability, and sports-specific training.



**Tanya Dados** Tanya's greatest passion is to help clients enhance their vitality and strength through the benefits of personal fitness. Her programs are carefully constructed to meet each client's personal goals which may include cardiovascular fitness, strength and endurance, weight training, balance and core conditioning, rehabilitation, nutritional support and weight changes. She is one of the two fitness coaches for the acting company and staff of the Oregon Shakespeare Festival.



**John Hacker** Will provide you with a specific program design that is individually tailored to meet your unique needs. He specializes in weight loss and total body toning. Over the last 20 years he has had clients lose 5-200lbs and keep the weight off. He is also a senior fitness specialist. "I love my job and I have no doubt that I can help you achieve your goals through my unique use of functional training."