

Fitness Contacts: * November 2011

Antoinette Lewis 704-724-8648/ (owner) [www. protrainerfit@aol.com](http://www.protrainerfit@aol.com)

David King **New number 980-228-7119** (managing owner) www.davidking09@gmail.com

TEAM:

Alvin Massey (704) 361-1373 (Trainer) amassey11@carolina.rr.com

Ashano Johnson 704-231-2278 (trainer) www.ajohnson@mo-fit.com (on leave)

Audrey Burk (water aerobic instructor) 704-497-5345 keypublications@hotmail.com

Carrie Flock (704) 965-7387 (water aerobics) fbqueen93@yahoo.com

Jay Stogner 704-579-0892 (trainer) www.jaystogner@hotmail.com ((on leave)

Kathy Graham 704-577-1278 (trainer), kgraham@christelca.org

Lauren Schwaiger 704-458-8366 (trainer) Lauren.Schwaiger@gmail.com

Mike Hartman 704-752-8101 (Trainer) mikehartman@carolina.rr.com

Nick Bucci (Boxing/Trainer) (704) 361-2799 nickboxing@live.com

Nicole Sameit (yoga instructor) (980) 328-7136 sameitfamily@mac.com

Rob Zeigler 704-458-3205 (trainer/bootcamp leader) www.rlzeig@hotmail.com (on leave)

Stacy Currie (water aerobics/zumba instructor) 704-361-6048 stacyacurrie@gmail.com

Tim Brown (Trainer) 704-641-8606 t_d_brownman@yahoo.com

Katrina Ford (yoga instructor) 704-244-7000 katrina@sweetbeanyoga.com

Omi Lewis (yoga instructor) 803- 577-4878 Omileye@yeyeosun.com

Frances D`Amato (water tai chi) (704) 379-7923 francesdamato@bellsouth.net

John Edwards (trainer) (704) 840-7114 kylanedwards123@yahoo.com

Angie Duncan (trainer) 980-721-6119 ang.dawn1962@gmail.com

New:

Syreeta Smith (zumba instructor) 704-438-8588 syreeta@getyourzumbaon.com

Zac Mann (trainer) 704-604-9369 steeler92harrison@gmail.com

Jon Paquette (704) 993-7736 jonpaquette98@yahoo.com