

TK Bluitt

Personal Trainer



Areas of Expertise:

- Over 25 years of personal training & group fitness instruction
- Strength & core conditioning
- Bodybuilding
- Lifestyle & wellness management
- Sport-specific training for women & youth
- Nutrition & weight loss management

Certifications:

- IFPA Certified Master Personal Trainer
- IFPA Certified Group Fitness Instructor
- IFPA Certified Women's Fitness Specialist
- IFPA Certified Youth Fitness Specialist
- IFPA Certified Military Fitness Specialist
- NESTA Fitness Nutrition Coach

United States Marine Corps Veteran

"Get fit...No excuses! Eat clean, train hard, stay focused and get results. No one can stop you, but You."

Personal Trainer

Jody Feil



Areas of Expertise:

- 20 years of nutritional interest and study.
- BA in psychology
- Prefer a whole body, mind and soul approach to fitness
- Interval training using compound movements

Certifications:

- Cooper Certified Personal Trainer
- AFAA Certified Group Fitness Instructor

"Fitness is a journey. Every step counts; even baby steps. I would love to help you make steps toward your health and wellness goals."

Elizabeth Daoust

Personal Trainer

"Passion for helping others live life to the fullest through total health and fitness!"



Areas of Expertise:

- Over 25 years of experience in the health and fitness field
- Bachelors in Kinesiology, Fitness
- Masters of Public Health (Community Health Education)
- 12 year Army veteran

Certifications:

- NASM/AFAA Certified Personal Trainer & Group Exercise Instructor
- SPIN Certified Spinning Instructor

Personal Trainer

Chris Kahle

Areas of Expertise:

- Core training in all three planes of motion
- Strength training, flexibility, and cardiovascular endurance
- Experience with tweens 10 to 12 years old, teens, triathletes and seniors

Certifications:

- W.I.T.S. Certified Personal Trainer
- SCW Sports Nutrition & Body Composition
- SCW Pilates Mat
- Core Blast and Stability, HIIT, Tabata
- Silver and Fit
- Aqua/Hydro

"Train your body by blending strength training, flexibility and cardiovascular endurance. This helps the body to feel better and to function better. When you feel good about yourself, you will have the energy and motivation to help those that are part of your everyday life!"



Nini Mackenzie

Personal Trainer



Areas of Expertise:

- Over 10 years of experience in Group Fitness and Personal Training
- Pilates core training and yoga flexibility
- Strength and cardiovascular interval training
- Boot camp training

Certifications:

- AFAA Personal Trainer Certification
- Cooper Institute Group Exercise Leadership
- AFAA Group Exercise Certification
- Certified in Yoga, Pilates, Aqua and Barre
- Silver Sneakers

“You CAN achieve your fitness goals if you put your mind into it. Just never give up. It’s never too late to start a healthy lifestyle.”

Personal Trainer

Marie Michel

“Change your mindset and your body will follow. View your environment as your ultimate playground and the term boring will cease to exist.”

Areas of Expertise:

- High Intensity Interval Training
- Strength
- Athletic Conditioning
- Total Body Functional Training
- Bachelor of Arts In Psychology

Certifications:

- NASM Certified Personal Trainer
- AFAA Certified Group Fitness Instructor



Toi Clark



“Reach highs, never reach limits! Failure is not the opposite of success, it’s apart of it!”

Personal Trainer

- NETA Certified Personal Trainer
- Certified Veteran Fitness Operative (CVFO)
- Army veteran
- Over 10 years of training experience & training others
- Functional body movement expert
- Former athlete
- Speed
- Agility
- Balance
- Endurance/conditioning
- Strength
- Body recomposition
- Basketball/football/baseball skills expert
- Lifestyle coach

Frisco Athletic Center

Personal Training

Complete a personal training request form at the front desk, fitness desk, or customer service window, and a personal trainer will contact you directly to set up training sessions.

Payments for sessions are made at the front desk or customer service window before your first session.

Fitness Coordinator
Blake Grimmatt
BGrimmett@FriscoTexas.gov
972-292-6518

