

Personal Trainer Bios

Lisa Bevacqua holds a Bachelor of Arts Degree with a Teaching Certificate in Elementary Education K-8 from William Paterson University. Lisa is a certified Personal Trainer with A.C.E (American Council on Exercise) and ASFA (American Sports & Fitness Association). Lisa is also certified in Spinning (Mad Dogg Athletics) and TRX Suspension Training. Lisa has over 25 years experience in the fitness field and has worked at the Sparta Athletic Campus for 20 years helping clients achieve and maintain their health and fitness goals. Lisa works with a wide range of clients, from teenagers to seniors, creating personal fitness plans that will meet their goals and hopefully challenge them to go beyond. Lisa also teaches a variety of group fitness classes including Cycle, TRX (Total Resistance Exercise) and strength training classes. Outside of work, Lisa enjoys road biking, hiking, being with her children and traveling.

Patti Bode holds a bachelor of Science degree in Criminal Justice from William Paterson University. Prior to entering the fitness field Patti was a detective in the Hudson County Prosecutor's Office. After having her first child, Patti left the police world and entered the Fitness world 19 years ago. Patti is a certified personal trainer from AFAA. Patti is also Reformer Pilates, Mat Pilates, TRX, Spin, Will Power & Grace, and Group Fitness Certified. Patti Joined the Sparta Athletic Team in October 2023 and is the Reformer Pilates coordinator for the Club. Patti loves to have fun while she instructs her clients and classes. She is very passionate about fitness and loves to motivate! She lives by the words, "you must challenge to change". When she is not at the club she is enjoying time with her husband Dave, and her three beautiful daughters.

Josh Merz comes from Washington State. He has a bachelor's degree in economics and finance, but he chose the career path in fitness and has never looked back. He has been a personal trainer since 2005 and is certified through NASM. Throughout the years, he has received specializations in Behavioral change, nutrition, sports specific training, golf specific, and corrective exercise. He specializes in strength training through a variety of modalities including balance, endurance, hypertrophy, maximal strength and power. His philosophy is "meet the client where they are" and he believes there is no cookie cutter approach to fitness. Everyone is different and needs to be trained in a unique way. Throughout the years, Josh has helped clients lose 100 lbs, train for marathons, triathlons, fitness competitions, and just be ready to take on life from every angle. Whatever the goal, whatever the task, let Josh help you to capture it. That is why Josh's motto is: "Seize Your Fitness"

Susan Walsh is a 500-hr Registered Yoga Teacher, Certified Fitness Instructor and Personal Trainer, Spin & Step Certified, Certified Functional Nutritionist, Certified Reformer Pilates Instructor, NeuroKinetic Therapy Level 1 Certified. She has worked in the fitness industry since 1990 and over the past 15 years has concentrated on therapeutics, body mechanics, functional movements and alignment. She has worked with a wide range of people including amputees, numerous joint replacements, piriformis syndrome, balance & strength, Parkinson's, scoliosis, MS, TMJ, neck tremors, Osteoporosis, cancer patients, post brain & other surgery patients, and all aches and pains in-between, anxiety & depression, eating disorders and addiction recovery. Her heart is in helping people build strength, alleviate discomfort, gain better balance, rebuild posture, and guide people to feel their optimal best. She wants to help people feel better, live better and enjoy their lives to the fullest. Outside the gym, Susan enjoys her family and Golden Doodles, cooking, reading and playing golf.

Dr. Stephen Brinkerhoff brings a unique perspective to the Sparta Athletic Campus as a physical therapist who has a passion for bridging the gap between your rehab and performance goals. If you are dealing with nagging pain or just want to train without fear of an old injury rearing its ugly head, he's your guy! Dr. Stephen played soccer at Dordt University while obtaining his undergraduate degree in Exercise Science with a minor in Psychology. He then went on to earn his Doctorate of Physical Therapy at Massachusetts College of Pharmacy and Health Sciences (MCPHS) involving clinical experiences in working with professional athletes. Dr. Stephen holds a "movement-is-medicine" mentality that allows for a holistic approach to healthy living. When he's not in the clinic or gym, you can find him competing on the soccer pitch or surfing at the Jersey Shore.

Jane Fitzell graduated with a BA in business management from Moravian college. She is a Certified Personal Trainer (AFAA) and Group Fitness Instructor (AFAA) and holds licenses in Zumba, Les Mills Body Pump & Core as well as many other fitness certifications. With over 32 years certified in the fitness industry, she has taught many different modalities and trained a variety of clients, helping them to reach their goals and create a passion for fitness. Her PT strengths include educating clients to learn safe and effective exercises and motivating them to work to their potential. In the Group Fitness setting Jane's strengths include clear explanation of exercises through cuing and musicality with a focus on form and muscle recruitment. She most enjoys teaching body pump, zumba, step and tabata style HIIT classes. Outside the gym Jane enjoys refinishing furniture, traveling and exploring the US and abroad with her family.

Kimberly Bischoff holds a Bachelor of Science from Rutgers University-Newark, where she graduated *summa cum laude*. She is a Certified Personal Trainer (CPT) and a Virtual Coaching Specialist with the National Academy of Sports Medicine (NASM). Taking a holistic approach to fitness, Kim believes

that exercising is equally important as getting adequate rest, managing stress, and fueling your body. She works closely with each client to develop a workout program that suits their lifestyle and helps them reach their goals in a balanced and sustainable way. Outside of work, Kim enjoys discovering new hiking trails and spending time with family.

Using her passion and knowledge of fitness and skills as an educator, Maureen Cina focuses on teaching her clients the purpose, form and function of each exercise. With a cue-centric approach, her goal is to teach her clientele how to do each exercise properly and safely as nobody is the same. Maureen has the ability to work with a wide variety of populations. From top tier athletes, everyday gym goers to people coming off injury, she understands what is necessary for each person to meet their goals. As one of our group, senior and individual trainers you will see her attending to the needs of and challenging each athlete at the SAC. In her free time, Maureen is usually found coaching or on the sidelines of one of her four children's sporting events, walking her dog, or enjoying time with her family.