



GET FIT, GET RESULTS!

Meet the trainers: Your path to SUCCESS



DOM ALBERINI (330) 979-2484 dalberini23@gmail.com

NESTA and NCSF Certified Personal Trainer • • • • •

Dominic Alberini is a former college athlete and proud graduate whose competitive background in athletics has fueled a deep passion for fitness. He is an ISSA-certified Personal Trainer and Nutritionist with a commitment to helping others reach their health and wellness goals. Combining his athletic experience with expert knowledge in fitness and nutrition, Dominic guides clients toward lasting lifestyle improvements.



BIANCA KOYMEN (330) 719-0040 koymenbianca@gmail.com

ISSA Certified Personal Trainer • Nutritionist • • • • •

With over a decade of hands-on experience, Bianca specializes in cardio and strength training, crafting personalized fitness plans and dietary guidance to help clients reach their goals. Her fitness regime extends beyond mere short-term fixes; it's about instilling a lasting commitment to fitness and healthy living as an integral part of your lifestyle.



STEVE GOLDSTONE (724) 866-0626

ISSA Certified Personal Trainer • • • • •

Steve is ready to work with you to reach your health and fitness goals! His own personal fitness consisted of years of hockey, strength training, spinning and cycling to include several Century Rides consisting of 100 miles. He has training experience with both male and female athletes ages 14-80 years old and understands the importance of discipline.



JUDY FIORE (724) 815-6390

Certified Personal Trainer • Advanced Pilates Instructor • • • • •

With over a decade of experience in Pilates and a strong background in the fitness industry, Judy brings unmatched expertise and energy to every class. Her sessions are designed to challenge, strengthen, and inspire participants of all fitness levels, from beginners to seasoned practitioners. Judy focuses on helping you achieve your best workout while ensuring a welcoming and supportive environment.

