

PERSONAL TRAINING + SMALL GROUP COACH

# MICHAEL

*"I started an active lifestyle as early as t-ball and haven't stopped since. I have my Dad to thank for that. I grew up playing many sports such as baseball, football, wrestling and basketball. I also picked up many hobbies such as bmx, rollerblading, skateboarding and snowboarding. One day I was thinking about what I wanted to do with my life and it just kind of came to me. I asked myself what am I good at and what do I enjoy. The answers were getting results and helping others. So here I am."*

## **CREDENTIALS**

ISSA AND NASM CPT  
NASM SPORTS PERFORMANCE SPECIALIST  
NASM FITNESS NUTRITION SPECIALIST  
NASM CORRECTIVE EXERCISE SPECIALIST  
TRX SUSPENSION TRAINING COURSE COMPLETION

## **SPECIALTIES**

SMALL GROUP TRAINING COACH  
NUTRITIONAL COACHING

*If you are interested in working with Mike contact Member Services to schedule an appointment!*



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# LORRIE

*"I was a competitive long distance runner since I was 14 years old placing 11th at the High School National Cross-country Championship at age 17. I ran cross-country and track on a scholarship at Wake Forest University studying physical education and receiving my teaching certification. I came to teach at HRC Fitness, now Pinnacle, in the Fall of 1986.*

*I enjoy running, weight-training, downhill skiing, x-c skiing and snowboarding. My philosophy is to work to balance your diet, your flexibility and your strength.*

*In our training sessions you will learn how to move your body and lift weights in correct alignment. You will also learn how to stretch and how to balance your diet and exercise routine."*

## **CREDENTIALS**

**ACE CERTIFIED PERSONAL TRAINER**

**BS IN PHYSICAL EDUCATION**

**SILVER SNEAKERS CERTIFICATION**

**PROFESSIONAL RUNNER FOR 16 YEARS**

## **SPECIALTIES**

**SMALL GROUP TRAINING COACH**

**GROUP FITNESS COACH**

**NUTRITIONAL COACH**

*If you are interested in working with Lorrie contact Member Services to schedule an appointment!*



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# SAMMY

*“Staying fit and being active has always been my way of life. I played cricket in high school and college (the most popular sport in Sri Lanka) until a back-injury kept me out of action. I got back on track with low-impact cardio and resistance-training, and since then my motto has been, ‘when the going gets tough, the tough gets going’.*”

*Using my life-experiences together with the knowledge I gained throughout the years, I assist my clients realize their true potential, integrating fitness training with nutritional guidance to achieve their goals, build strength, and restore balance and flexibility.*

*I have instructed cardio-kickboxing classes since 2011, and joined Pinnacle as a personal trainer in 2016.”*

## **CREDENTIALS**

**CERTIFIED PERSONAL TRAINER (ACE)**  
**FITNESS NUTRITION SPECIALIST (ACE)**  
**YOUTH FITNESS SPECIALIST (ACE)**  
**PUBLISHED FOOD SCIENCE AND MOLECULAR NUTRITION RESEARCH SCIENTIST**  
**B.SC (PERADENIYA, SRI LANKA)**  
**M.SC (NEWFOUNDLAND, CANADA)**  
**PH.D IN FOOD SCIENCE (LINCOLN-NEBRASKA, USA)**

## **SPECIALTIES**

**SMALL GROUP TRAINING COACH**  
**NUTRITIONAL COACHING AND MEAL PLANS**

*If you are interested in working with Sammy contact Member Services to schedule an appointment!*



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# ERIC

*"I really got into fitness when I was 13 and I really wanted to start training hard. I've always been active between playing baseball, wrestling, and now MMA. I always loved pushing my teammates each and every day to make them better, which made going in to personal train really easy. Watching others improve on their health is amazing and that's why I want to help others get to their fitness goals."*

## CREDENTIALS

EXPERT RATING PERSONAL TRAINING

## SPECIALTIES

PERSONAL TRAINER  
SMALL GROUP COACH



PERSONAL TRAINER | SMALL GROUP COACH  
GROUP FITNESS INSTRUCTOR

# DOUG

*Doug McLaughlin is a NETA Certified Personal Trainer and an AFAA/NASM Certified Group Exercise Instructor. His disciplines include Kettlebell, High-Intensity Interval Training, TRX, and Circuit Training, among others. Doug enjoys biking, running, hiking, and meditation, as well as helping those who want to live their best life. He is a resident of Hillsborough and the proud husband of Amy and father to Charlee and Teddy.*

*“I’m here to help, support, encourage, and champion you in attaining your fitness goals. To stay healthy, stay strong, and stay inspired.”*

## **CREDENTIALS**

Certified Personal Trainer (NETA),  
Certified Group Exercise Instructor  
(AFAA/NASM).

## **SPECIALTIES**

Personal Training, Small Group Training,  
Kettlebell, HIIT, TRX, Circuit Training (for all ages)



## PERSONAL TRAINER | SMALL GROUP COACH

# TJ

*I've been an athlete for as long as I can remember. Growing up my coaches were always really good at pushing me beyond my limits to help me grow. This is a valuable skill to me that I've carried into my own training. Coaching at a basketball camp during my high school summers made me realize how much I enjoy seeing people grow and improve over weeks, months, and years. The experience at the camp made me want to get more involved and help more people reach their potential.*

### CREDENTIALS

NASM Certified Personal Trainer since 2023

### SPECIALTIES

Personal Training, Small Group Training

