

Arman Badrudeen



About Arman

"Give a hungry man a fish, you feed him for a day, but if you teach him how to fish, you feed him for a lifetime." - Lao Tsu.

My Goal is to help you become self-sustainable in your fitness endeavors through both training and education. I am currently developing a training system/methodology which can be followed for a lifetime!

Areas of Specialty

- Mixed Martial Arts
- Powerlifting & Body Building
- Sport Specific Training
- Body Weight Training
- Gymnastics Conditioning
- Mobility & Injury Prevention

EDUCATION & CERTIFICATIONS

BS Sports & Exercise Science
University of Central Florida

LNPC

NSCA CSCS
NASM CPT
TRX Level 1

Joann Nales



About Joann

My goal for all my clients is for them to move their bodies in a meaningful way. Whether it's using kettlebells, performing high intensity circuits, or learning proper form, I coach movement to all ages and abilities. I believe exercise is for everyone and with the right guidance one can achieve better health just by moving their body.

Areas of Specialty

- Functional Movement Training
- Introduction to Exercise
- Exercise for Seniors
- Medically Based Fitness Programming

EDUCATION & CERTIFICATIONS

BS Applied Physiology &
Kinesiology/ Disabilities in Society
University of Florida

LNPC

NASM CPT
FMS 1 & 2
Rock Steady Boxing for Parkinsons

Deondre Farrier



About Deondre

I'm a Lake Nona Football native & Former Wide Receiver at East Carolina University. Eager to push you out of your comfort zone and closer to your Health and Wellness goals!

Areas of Specialty

- Free Weight/Barbell Training
- Core Stability
- Injury Prevention

EDUCATION & CERTIFICATIONS

BS Wellness Administration
East Carolina University

NASM CPT

LNPC

Christian Cruz



About Christian

Hi I'm Christian Cruz, the reason I train is because I enjoy being able to educate/help individuals in their fitness goals. I believe everyone deserve the right to good health and to be happy with themselves inside and out.

Areas of Specialty

- Strength Training
- Weight Loss
- Muscle Gain

EDUCATION & CERTIFICATIONS

BS Sports & Exercise Science
University of Central Florida

NASM CPT

LNPC

Joe

Feliciano



About Joe

Health and fitness are my passion. I am committed to doing no harm to my clients. Staying physically active and eating healthy is one of the best forms of preventive medicine. I am here to help all individuals to become more active and healthier through cardiorespiratory, resistance training and customized exercise programs. I want my clients to know that it's about them and their needs. I believe in implementing evidence-based exercise programs. Let me help you achieve your health and fitness goals. Hablo Español.

Areas of Specialty

- Weight Loss
- US Army Combat Fitness Test
- Muscle Hypertrophy
- Senior Fitness

EDUCATION & CERTIFICATIONS

MS Sports Science & Rehabilitation
Logan University
BS Nursing
Antillean University

NASM CPT
NASM Senior Fitness Specialist

LNPC

Kim Yates



About Kim

I want to help guide you in finding the optimal way to achieving your goals, all while having fun and feeling empowered.

Areas of Specialty

- Functional Strength and Movement
- Olympic Weightlifting
- Injury Prevention

EDUCATION & CERTIFICATIONS

MAE Health Education
University of Alabama Birmingham
BS Athletic Training
University of Central Florida
Athletic Trainer
USA Level 1 Weightlifting
Movement Specialist

LNPC

McKenna Coughlin



About McKenna

As a lifelong athlete, I have seen the way that fitness can truly change someones life. I am excited to be able to help my clients see how life changing fitness and wellness can be at any stage of their wellness journey. Having struggled for much of my teenage and adult life with eating disorders, I know how hard taking the first step to change can be and I would be honored to be by your side to help and support you every step of the way.

Areas of Specialty

- Endurance Training
- Women's Specific Training
- Sport Specific Training
- Eating Disorder Recovery
- Weight Loss & Management through comprehensive fitness programming

EDUCATION & CERTIFICATIONS

BS Exercise Science
University of Mississippi

LNPC

ACSM CPT
NSCA CSCS
PN Nutrition Coach
ACE & PN Health Coaching
GGG Women's Coaching Specialist

Macy Levin



About Macy

My goal in every training session is to empower people and help them reach their greatest potential. My favorite way to workout is strength training, more specifically, power lifting. I believe that there is a way to make working out fun and enjoyable for everyone, and that doesn't mean you have to walk on a treadmill for hours to reach your goals. I want my clients to look forward to our sessions and that means finding out what they enjoy while pushing them to be their best.

Areas of Specialty

- Powerlifting
- Strength Training
- Small Group Training

EDUCATION & CERTIFICATIONS

BS Kinesiology
University of Central Florida

NASM CPT

LNPC

Taylor Berkey



About Taylor

My goals for you are to leave the old you behind, exceed what you think is possible, and develop your new normal! I want you to have the greatest a lifestyle change you have ever made and commit to your new normal for as many years as you have left.

Areas of Specialty

- High Intensity Interval Training
- Bodyweight Exercise
- Core Development
- Weight loss

EDUCATION & CERTIFICATIONS

BS Exercise Science
East Carolina University

NASM CPT
IFTA Group Exercise

LNPC

Terry

Umarally



About Terry

My goal is for my clients to move better, move often and to live their best lives.

Areas of Specialty

- Strength
- Mobility
- Kettlebell Training
- Body Weight Training
- Lower Back Health
- Functional Movement
- Posture Correction

EDUCATION & CERTIFICATIONS

BS Physical Education
William Patterson University
NSCA CSCS
Strong First KB 1&2
USA Weightlifting
Pre & Post Natal Exercise
Yoga RYT 500 Hours

LNPC

Dominick

Haynes



About Dominick

My desire is to help you achieve your goals and to be the best version of yourself! Whether that is to look better in front of the mirror, jump higher or just learn how to better incorporate health and wellness in to your routine. My ideal client is anyone with a goal, a positive attitude, and a willingness to work hard.

Areas of Specialty

- Strength
- Hypertrophy
- Weight Loss
- Injury Prevention
- Sports Performance

EDUCATION & CERTIFICATIONS

Doctor of Physical Therapy
BS Applied Physiology &
Kinesiology
University of Central Florida

NSCA CSCS

LNPC

Sabrina

Lopez



About Sabrina

I love getting to know people's strengths and weaknesses when it comes to finding the right program, I tailor your program based on what your needs are. I focus on long term health and wellness where you can maintain motivation and consistency. I will focus a lot on core strength training and range of motion through functional training.

Areas of Specialty

- Core Strength
- Functional Mobility
- Yoga
- Power Yoga

EDUCATION & CERTIFICATIONS

Masters Public Administration
Keller Graduate School

LNPC

NASM CPT
Les Mills Core & Body Pump
Barre
AFAA Yoga

Denisha

Rodriguez-Pflucker



About Denisha

My name is Denisha and I am a New Jersey native of Puerto Rican descent (yes - I speak spanish!). I got into the world of fitness and nutrition after receiving a medical diagnosis at the age of 22 and ended up realizing my passion for wellness. I decided to pivot from a career in psychology to a career in kinesiology because I wanted to help others who find themselves in the same position I found myself 4 years ago: scared, gym-timidated, and not at all sure of where to start. I am here to help celebrate wins of any size!

Areas of Specialty

- Comprehensive Health
- Introduction to Exercise
- Functional Strength Training

EDUCATION & CERTIFICATIONS

BS Psychology and Kinesiology
University of Central Florida

NASM CPT
NASM Certified Nutrition Coach

LNPC

Hector

Camacho



About Hector

My goal is to help you discover your untapped potential to the better body, health, and life you envision for yourself through exercise and functional movement to overcome any barrier both physically and mentally to allow you to make the rest of your life the best of your life.

Areas of Specialty

- Injury Prevention
- Exercise & Athletic Performance
- Functional Strength & Mobility
- Bodybuilding

EDUCATION & CERTIFICATIONS

BS Athletic Training

Athletic Trainer
Certified Ergonomic Assessment
Specialist
ASTYM Certified
Adaptive & Inclusive Trainer

The logo for Lake Nona Performance Club (LNPC), featuring the letters "LNPC" in a bold, white, sans-serif font inside a black rectangular box.

Jeffrey

Friedman



About Jeffrey

Hey, I'm Jeff! My goal as a trainer is to help the community implement wellness and becoming stronger in their daily lives. I am a calm yet energetic trainer and do my best to encourage but not overwhelm my clients.

Areas of Specialty

- Exercise for Beginners
- Functional Training
- HIIT

EDUCATION & CERTIFICATIONS

BS Health Sciences
University of Central Florida

NASM CPT

LNPC

Mario

Alberto



About Mario

My goal is to educate performers on better health and wellness choices through creating personalized fitness and exercise programs to help you improve your overall health.

Areas of Specialty

- Strength Training
- Power Training
- Olympic Lifting
- Senior Fitness
- Functional Strength Training

EDUCATION & CERTIFICATIONS

BS in Exercise & Health Sciences
University of West Florida

ACSM CPT
ACSM Exercise Physiologist
Silver Sneakers

LNPC