

MEET OUR PERSONAL TRAINERS

ROBBIE ARNOLD, B.S., NASM: Robbie earned his B.S. in Physical Education and Coaching from the Peru State College of Nebraska. He is a certified Personal Trainer through NASM. Robbie holds additional certifications in Sports Performance Training, FMS, Alloy Training, USA Weightlifting and USA Track and Field. Robbie was an All-American football player and team captain in college. With more than 20 years experience in the Sports Performance field he has trained both male and female athletes in many different sports. Several of his athletes have gone on to become All-American and All-State athletes themselves. Robbie specializes in team training and is known for helping, educating, motivating, and building a young athlete's confidence.

FRANK AZARELO III, B.S., M.S.: Frank is a graduate of East Stroudsburg University with a B.S. and M.S. in Exercise Science. Frank joined The Chatham Club staff in 2013. Prior to The Club, he spent five years researching spinal cord injuries (SCI) at the James J. Peters VA Medical Center in the Bronx. While there, Frank co-authored seven scientific research publications. As a personal trainer, Frank has, and continues to work with stroke, SCI and other special populations. Additionally, he enjoys working with athletes, as his first love and passion is sports. Frank's exercise routines are extremely varied and based on the individual's specific goals. Frank is proficient in teaching his clients the methods needed to develop and maintain strong mindsets that lead to a healthy lifestyle sustained through exercise and activity.

CARMINE COLASURDO, B.S., NSCA: Carmine earned his B.S. Degree in Nutrition from Montclair State University. He is a Certified Personal Trainer through NSCA. With more than 25 years of experience in the fitness industry, Carmine is well versed in personal, small, and large group training. He is a former NJ State Bodybuilding competitor. Carmine is a Physical Education teacher at an elementary school in Nutley, NJ and is a licensed Youth Soccer Coach through Mid-New Jersey Youth Soccer Association.

RYAN DARMIENTO, B.A., NPTI: Ryan is a former middle school teacher where he spent 12-years teaching grades 5-8 Social Studies, Literature, and Writing Composition. He is a graduate of the National Personal Training Institute, which is a 500-hour hands-on course comprised of 100 hours of nutrition, 100 hours of biomechanics, 100 hours of exercise theory/special populations/functional training methods and 200 hours of program design and practical application. A strong believer in functional fitness, Ryan holds additional certifications in both Kettlebell and TRX training. Ryan taught our first Kettlebell Fundamentals class, further spreading the knowledge of proper kettlebell training. Outside of the Club Ryan enjoys spending his time with his wife and dogs.

BRIAN FERETICH, ACSM: Brian is an experienced personal trainer with an Associate's Degree in Exercise Science from RVCC and certification from the American College of Sports Medicine (ACSM). He has extensive experience in post-rehabilitation training, having worked at Robert Wood Johnson where he helped clients rebuild muscle and regain strength after physical therapy. Brian also has a background in bodybuilding training and nutrition, allowing him to provide comprehensive fitness programs tailored to individual needs. Additionally, he specializes in athletic conditioning, particularly in football, baseball, and wrestling. He has trained numerous high school and collegiate athletes, working alongside a former Rutgers football player to prepare athletes for the next level in their sports. Brian's tailored approach helps clients maximize performance and achieve their goals.

ERIC GOLETZ, NASM: Eric is a Certified Personal Trainer through NASM. He joined The Chatham Club staff in 2013. He instructs Boot Camp classes, Self-Defense and TRX Suspension Training. He holds certifications in Kettlebell and Barbell coaching techniques through FIT-Edu. Eric is certified by the American Red Cross as an Adult and Pediatric CPR/AED instructor and holds classes at the Club for staff CPR certifications. He is a practitioner and advocate of total-body functional fitness, emphasizing this training style with his clients. Eric holds a 3rd Degree Black Belt in Koei-Kan Karate and is happy to incorporate Karate and self-defense into his clients' training programs. Outside of the Club Eric is also a classically trained and accomplished jazz musician.

TIM LOSEY, B.S., NSCA: Tim has been a Personal Trainer at The Chatham Club since 2002. He graduated from East Stroudsburg University with a B.S. in Exercise Physiology and received his Personal Trainer certification through NSCA. He has lead two of our "Biggest Loser" team competitions to first-place finishes. Tim is an avid rugby player, and while attending ESU he was selected for the All-American Rugby team. Tim's emphasis is on fitness for sports performance.

TRACY NARAG, B.S., ACE, NSCA: Tracy received her B.S. in Dietetics from Montclair State University. She holds her Health and Fitness Instructor certification through NSCA and is certified as a Personal Trainer by ACE. Tracy has been a Personal Trainer at The Chatham Club since 1992. Outside of the Club, Tracy plays softball and enjoys participating in races ranging in distance from 5K to the marathon. She shares her enthusiasm for sound fitness with all her clients.

JENNIFER O'CONNOR, ACE, NSCA, PROGRAM DIRECTOR: Jennifer has been with The Chatham Club since 1990. She earned her certification as a Personal Trainer through NSCA and has been the Group Exercise Program Director since 1994. Jennifer is a certified Spinning, Yoga, Kinesis, TRX, Power Plate, and Barre instructor. She has attended teacher-training seminars held by the Yoga Journal, Omega Institute, Kripalu Institute and is certified through the American Yoga Academy. Jennifer finds joy in helping others work towards their fitness goals by overcoming obstacles. She loves to motivate her clients and students to gain the strength, stamina, and flexibility to live a long, happy, healthy, lifestyle.

BRETT PERRY, B.S., NSCA: Brett earned his B.S. of Applied Exercise Science degree from Springfield College in Massachusetts. He is a Certified Personal Trainer through the National Strength and Conditioning Association. While at Springfield College, Brett was a member of the Ice Hockey team for four years and was team captain his senior year.

IVONA RESZKA, B.S., M.S., NSCA: Ivona received her B.S. in Adult Fitness and her M.S. in Physical Education at the University of Warsaw, Poland. She holds her Personal Trainer certification through NSCA and has worked at The Chatham Club since 1997. Ivona is certified as a Kinesis, Power Plate and TRX Suspension training instructor. She is experienced in athletic and post-rehabilitation training programs. Outside of the Club, Ivona enjoys golf, skiing and beach vacations with her family.

MICHAEL REYNOLDS, B.S., NCSF: Michael graduated from Kean University with a B.S. in Exercise Science and is certified through the National Council of Strength and Fitness and Westside Barbell. Michael's preferred training style is functional training which enables everyone to live a healthy, happy, and functioning lifestyle. Michael also has a background in Sports Performance Training, having trained many athletes of all ages. Michael enjoys spending time with family and friends as well as going to the movies and sporting events.

JANINE ROMANO, ACSM, NSCA: Janine holds certifications through ACSM as a Health and Fitness Specialist and through NSCA as a Personal Trainer. She is certified as a Kinesis, Power Plate and Spinning instructor. Janine is a Certified Level 1 and 2 Functional-Corrective Movement Specialist (FMS), as well as a PN Level 1 and 2 Nutrition-Health Coach. Janine did her undergraduate work in pre-med studies at Temple University and in microbiology at Rutgers University. She has been a Personal Trainer and Group Exercise instructor at The Chatham Club since 1996. Janine develops unique programs for her clients that foster both overall health and wellness. Outside of the Club she is an avid equestrian. Janine developed a bareback riding program – *Equisthenics* – that focuses on core strength, balance, flexibility, and mindfulness while on a horse. Her passion is running and has completed six NYC marathons and several NYC half marathons.

JASON ROMANO, M.S., B.S., NASM-PES, FMS 1-2: Jason earned his Bachelor's in Dietetics from Montclair State University, specializing in Sports and Supplemental nutrition. With a continued passion for wellness, Jason received a Master's in Exercise Science Injury Prevention from PennWest University. A lover of learning and fascination with the human body, Jason's academic journey has now taken him into the field of neuroscience, where he is pursuing a Ph.D. from Saybrook University in Psychophysiology. Gathering over 20 years as a fitness professional, Jason has trained diverse populations in various nutrition, strength/mobility, and performance parameters. Enjoying working with individuals from all walks of life with their fitness and wellness goals, Jason holds the belief that cultivating a strong foundation is the key to lasting results.

DENNIS STACKNICK, B.S., NSCA, FITNESS DIRECTOR: Dennis is a graduate of East Stroudsburg University with a B.S. in Movement Studies & Exercise Science. He earned his Personal Training certification through NSCA. He is a certified Level 1 Kettlebell and Barbell Coach through the FIT-Edu, and holds certifications in Kinesis, Power Plate and Spinning. At ESU, Dennis was a Captain and a 4-year athlete competing on the Men's Cross-Country, and Indoor & Outdoor Track teams. He has completed 10 marathons and 6 Tough Mudder events. Dennis has been with The Chatham Club since 2001 and focuses on overall strength and conditioning programs as well as high intensity interval training. He has also lead different styles of Boot Camp classes and Fitness Challenges at the Club.

CHRISTINE STANLEY, BS, NSCA-CPT, NBC-HWC: Chrissy is a well-rounded professional in the fitness and wellness industry, bringing a diverse skill set to The Chatham Club. She leads a variety of group classes, offers personal and sports performance training, and is our only National Board-Certified Health and Wellness Coach. Chrissy provides personalized coaching in areas such as functional nutrition, chronic disease prevention, weight management, GLP-1 support, sleep optimization, and stress management. Her high-energy classes are designed to accommodate all fitness levels, with appropriate modifications, and she customizes training to meet each client's unique goals. Outside the Club, Chrissy enjoys creating plant-based meals, spending time outdoors, and running. She has completed 12 marathons, most recently taking on a 6-hour endurance run.

LINDA SUPKO, B.S: Linda is a graduate of East Stroudsburg University with a B.S. in Exercise Physiology. Prior to her return to The Chatham Club, she worked as an Exercise Physiologist at the Penn State University College of Medicine. Linda also spent a decade in education, teaching in the classroom and developing Physical Education programs for Montessori schools in the Midwest. With over 20 years of experience as a fitness professional, Linda brings her passion for fitness to The Chatham Club. Her approach to program development includes a balance of strength and stamina, functional training, and flexibility. When Linda isn't working, she can be found in the gym doing her own workouts, in the car on a road trip, or spending time with her family.

WILL WEBER, B.S., M.S., NSCA: Will is a graduate of East Stroudsburg University of Pennsylvania with his M.S. in Exercise Science. His Personal Trainer certification is through NSCA. Before joining our staff, he spent more than a year researching cardiovascular and cerebrovascular responses in patients with spinal cord injuries and the impact on their quality of life from classes in basic and advanced wheelchair skills. Will's approach to fitness includes developing strength and power, full-body metabolic enhancement, and specialized speed and agility training.

LEGEND: ACE - American Council on Exercise; ACSM - American College of Sports Medicine; AFAA - Aerobics and Fitness Association of America; NASM - National Academy of Sports Medicine; NSCA - National Strength and Conditioning Association; NCSF - National Council on Strength and Fitness