

# Meet Our Trainers!



## ANN O'SULLIVAN

*Certification Agency:* **NASM**  
**NASM Youth Exercise Specialization**  
**NASM Weight Management**  
**Health & Wellness Life Coach**

Ann is a lifelong fitness and health enthusiast. Her dedication and passion will help her clients live a healthier and fulfilling lifestyle through exercise and nutrition.



## CECIL BROWN

*Certification Agency:* **ASCM: Certified Exercise Physiologist**  
**NSCA: Certified Strength & Conditioning Specialist**  
**USA Weightlifting: Level 2**  
**ISAK: Level 1**

Cecil is a former collegiate basketball player and Head Paralympic Strength & Conditioning Coach for the United States Olympic & Paralympic Committee. He has over 10 years of experience working with prep, college, and international level athletes in a variety of sports. He also worked throughout those years with military personnel, individuals with disabilities and the general population. Cecil's goal is to empower people through fitness and help them achieve their goals.



## JACE HERRON

*Certification Agency:* **ISSA**

Jace has a background in sports that naturally turned into a passion for health and fitness. He specializes in building muscle, losing fat, and general wellness. Jace is ready to work with people in all levels of fitness and crush any goal they have!



## MARTA ROBINSON

*Certification Agency:* **NASM**

Marta has a Masters in Exercise Physiology and a BS in Health Science. She has worked in the health and wellness industry for over 15 years.



## NICOLE FRODELLY

*Certification Agency:* **AAA**

Nicole has been in the fitness industry for over 15 years with a background in dance and athletics. She has experience with all ages, as well as all physical and mental limitations. Nicole loves to make exercise and life fun.



## ROBIN SICK

*Certification Agency:* **NASM**  
**ACE Medical Exercise Specialist**  
**ACE Personal Trainer**  
**ACE Group Fitness**  
**ACE Behavior Change Specialist**  
**Body Balance for Performance**  
**Golf Conditioning Specialist**

Robin trains clinical situations & rehab after physical therapy, corrective & functional exercise training. Train seniors, all ages, golf conditioning.



## AMBER D'ANGELO

*Certification Agency:* **ACE**  
**Register Dietitian**

Amber's passion for fitness and nutrition began as a competitive swimmer. She is a personal trainer as well as a Registered Dietitian. Her focus on functional movements will build foundational strength for everyday movement, sports, and adventure!



## ERIKA RIRIE

*Certification Agency:* **ISSA**  
**Bachelors of Science in Exercise Physiology**

Erika is a health and wellness advocate that loves helping her clients create and meet intentional goals. She has a Bachelors of Science in Exercise Physiology with an emphasis in Program Design and Prescription. Erika is passionate about individually connecting with the community, which led her to becoming a Certified Personal Trainer through ISSA. Erika's goal is to provide a safe place for others to grow, meeting them in their current abilities, and walking beside them on their wellness journey. She can't wait to meet you!



## JASMINE WALKER

*Certification Agency:* **NASM**

Jasmine has always loved being active. Life's demands have shown her the benefits of choosing to prioritize fitness and fun. She enjoys partnering with her clients to develop intentional goals to help them reach the results they desire.



## NASH HERNANDEZ

*Certification Agency:* **NASM**

Nash enjoys working with clients from all walks of life. He is a man of many talents and uses his experience in strength and conditioning, Latin dancing, physical therapy, boxing, and competitive soccer to address his clients' individual goals. Nash enjoys working one-on-one with clients to customize an exercise routine that is enjoyable, sustainable and efficient for each person's needs and goals.



## PAULA HIXSON

*Certification Agency:* **ACE**  
**ACE Senior Fitness**  
**ACE Orthopedic Exercise Specialist**

Paula has been in the fitness industry since 1996. She is a personal trainer and teaches several classes such as Pilates, Yoga and Strong Women. Her passion is helping people find happiness through holistic exercise that develops the body, mind, and spirit. Paula also enjoys using her NASM Corrective Exercise certification and Myofascial Foam Rolling knowledge to help others overcome pain.



## VERNIE WELCH

*Certification Agency:* **ACSM**

Vernie graduated from Arkansas Tech University with a bachelors of science in exercise science. He specializes in weight loss, HIIT, strength, functional fitness. Vernie loves being around people to help them reach their goals and true potential!

Contact Stephanie Nell for more  
information on personal training!  
snell@bentonvillear.com

