Spring 2018 Trainers
Please contact jowens26@vt.edu with any questions you may have regarding the personal training program at VT Fitness!

We look forward to helping you achieve your health and fitness goals!
Gabrielle Ammaturo

Gabrielle is a senior majoring in Human Nutrition, Foods, and Exercise from Fredericksburg, VA who strongly advocates for the mental and physical healing power of physical activity. She is an ACE Certified Personal Trainer and a USA Weightlifting Certified Sports Performance Coach.

Gabrielle started her personal fitness journey in Crossfit and found a particular passion in Olympic lifting. In March of 2017 she competed in her first Strongman event, and is currently training for her first powerlifting competition. She loves being a well-rounded athlete, with a passion for high intensity functional movements. With broad experience in many fields, Gabrielle trains clients of all backgrounds.

Gabrielle can’t wait to get to know her clients, and looks forward to creating fun, individualized workouts that will leave them feeling empowered and one step closer to reaching their goals!

"Our doubts are traitors, and make us lose the good we oft might win by fearing to attempt" - Shakespeare
Ben Batman

Ben is a freshman majoring in Biological Systems Engineering with a minor in Biomedical Engineering. Fitness and a healthy lifestyle have been a staple of Ben’s life after he became tired of always being the weakest and slowest in his friend groups. Since then, he has turned his life around and embraces fitness holistically rather than a separate part of life. Fitness and a healthy lifestyle impact all areas of life. Ben is CPR/AED/First Aid certified, is a certified Personal Trainer through the National Council of Strength and Fitness and has competed in track and cross country running for three years. He is currently trying to join Virginia Tech's D1 cross country team. Helping others improve their way of living through fitness and an active lifestyle is Ben’s goal through personal training.
Tanner DeHart

Tanner is a sophomore at Virginia Tech from Riner, Virginia who is majoring in Biochemistry and hopes to pursue a career in pharmaceutical research. He is CPR/AED certified through the Red Cross and is an ACE Certified Personal Trainer. He has always lived an active lifestyle and enjoys hiking, yoga, lifting weights, and running in his free time. He believes that exercise is an important factor in living a healthy lifestyle and hopes to help others achieve their fitness goals!
Daniel Fernandez

Daniel is a senior exchange student from Spain majoring in Electrical and Computer Engineering and has passed his NSCA CPT exam. He's been playing multiple sports throughout his entire life; however, when he turned sixteen he decided he wanted to tone his body and focus on his physical health. Shortly afterwards, he turned his workouts and passion for fitness into his main “sport” and felt like he discovered a hidden calling.

When he began, he was not sure which training plan would get him the results he wanted. Since then, he's not only been reading and gaining knowledge in the field of bodybuilding, but also trying as many cardiovascular and weightlifting programs as he could. He's been able to balance gym sessions, a demanding engineering student life, and many hobbies such as guitar and bodyboarding.

It's a pleasure for him to guide others through this journey, hoping to teach other people that achieving and maintaining your fitness goals is possible no matter what your goals are or how tight your schedule is.
James Ford

James is a senior Communications major and ACE certified personal trainer from Williamsburg, VA. James has always lived an active lifestyle. He played travel soccer for nine years and also ran indoor track. After starting college he shifted his focus to weightlifting and running. He also enjoys kayaking, skiing, and volleyball. James believes that being physically active is crucial to leading a well balanced healthy lifestyle.
Erin Gladish

Erin is a sophomore from Leesburg, Virginia majoring in Human Nutrition Food and Exercise. She is CPR/first aid certified as well as an ACE certified personal trainer. Erin is passionate about helping others feel their best and becoming confident through healthy, balanced living.

In high school, she was a competitive gymnast as well as a tennis player and quickly found how helpful functional training can be in not only sports, but everyday life. She enjoys working with clients from all types of backgrounds with varied goals; whether it be weight loss, competitive training, learning how to use equipment, or just in need of a change in their routine. Although she personally practices Pilates and trains daily in CrossFit, she strives to personalize plans and methods of training, based on client experience and goals, ranging from mobility and low impact exercises to high intensity interval training and Olympic lifting. Erin can’t wait to be able help her clients to not only live a healthy lifestyle, but enjoy it too!
Miya Grimaldi

Miya is a Junior from the Jersey Shore and is majoring in Marketing Management. She is CPR/AED/First Aid certified and is an ACE certified personal trainer. Since beginning a serious fitness journey she started during the second semester of her freshman year, Miya has achieved great physical and lifestyle transformations that she strives to continue to maintain and improve for the rest of her life. Her dedication to exercise, self-improvement, and living an active lifestyle allowed her to realize her true passion for fitness, building rapport with others, and helping them reach their fitness goals with confidence. Although her own fitness goals focus mostly on muscle hypertrophy, Miya is always excited to guide others through a personalized journey specific to attaining their desired successes in fitness.

Catch her in the gym, or watch her on stage! When she’s not working out, Miya performs around campus as the beatboxer of Virginia Tech’s premier all-female a cappella group, Soulstice A Cappella.
Emily Guimond

Emily is a junior HNFE major at Virginia Tech. She is ACE certified in personal training and has always had a passion for fitness. This started young by having a competitive drive to play sports such as volleyball, soccer, swimming, and track/field. Participating in these sports introduced her to multiple areas of fitness including cross-fit, high intensity interval training, power lifting, Olympic lifting, anaerobic workouts, and proper fueling nutrition. Her mom who is an ACE certified group fitness instructor and a Health & PE teacher also greatly influenced her fitness career. She started making lifting plans for Emily and taught her proper technique. Emily quickly realized how important technique and proper form is for lifting to achieve the best results the most efficiently and wants to mirror that in her sessions. Emily is excited and eager to help all ages and fitness levels of the Hokie community achieve their personal fitness goals.
Shivam Gupta

Shivam is a senior studying Business Information Technology. Shivam enjoys working with all types of clients to reach their goals. He is passionate about building a lifelong relationship between his clients and fitness. Besides weight training, Shivam’s outside hobbies include snowboarding, memeing, and watching movies. He is an avid basketball fan, and his favorite team is the Washington Wizards.
Elijah Haag

My passion for health and fitness, along with my passion for working with people, has helped guide me to become an ACSM Certified Personal Trainer. I am currently double-majoring in Human Nutrition, Food, & Exercise and Psychology, but before I even entered this Virginia Tech, knowing I could make an impact in other’s lives is really something I knew that I wanted to do. This led me down the path to be a personal trainer. Overall, I enjoy working with clients who are looking to improve their overall fitness.

My biggest goal as being a trainer is to obviously help a person reach their goal, but I want them to enjoy the process as well, which involves creating individualized programs that clients look forward to each day. Please feel free to get in touch with me if you are interested in working together!
Elizabeth Haydu

Elizabeth is a returning graduate working towards medical school. Elizabeth is an ACE certified Personal Trainer and Fitness Nutritionist. During her Freshmen year, she started weight lifting as well as swimming for the VT Club Swim team and taking group classes with Rec Sports. From there, she got her BodyCombat certification and then her ACE certifications and is constantly seeking new ways to help others on their journey to better health.
Carter Huddleston

Carter is a men’s physique competitor and a junior majoring in Industrial and Systems Engineering from the Richmond, Virginia area. He has a passion for helping others change their lives through health and fitness, just as it has changed his life.

He started lifting weights in high school in order to gain size and strength for wrestling. Strength training and bodybuilding quickly turned into something he was very passionate about and over the years, and it has changed his life. He has gained an incredible amount of knowledge over the last few years through self-research and reaching out to people for advice for his own benefit, but soon enough he was using that knowledge to help his closest friends reach their own fitness goals. He decided to become a personal trainer because he wanted to help more people realize their true potential through health and fitness. No matter what your goals are, Carter would love to help you get started towards a healthier and happier lifestyle.

Carter’s weight loss transformation video, 20 pounds in 16 weeks: https://www.instagram.com/p/BWQLoMAgEl/?taken-by=carterhfitness

“Legends aren’t born, they’re built.” – Arnold Schwarzenegger
Hi there! My name is Jordyn Jarvis, I am a sophomore here at Virginia Tech majoring in Biochemistry and double minoring in Chemistry and Medicine and Society. I love science and learning about anatomy and physiology on my own time. I have always been an active person, doing gymnastics since the age of 6 up until 14 and then I went on to cheer leading for pretty much the remainder of my life. I enjoy living an active lifestyle, including going to the gym, hiking, running, swimming, and so much more! I am a passionate person, when it comes to being committed to something, I put my all into it. I would enjoy all types of clients, because I enjoy doing all types of exercising! I am a super friendly and bubbly person and open to all requests or questions.
Bless Jung

Bless is a senior majoring in Biochemistry and is Crossfit Level 1 and CPR certified. Bless can train individuals for sports, strength and conditioning, and overall fitness. Bless has competitively played baseball in high school, and recreationally plays many other sports, such as soccer and basketball. He has lots of experience in various sports and understands how to train for a specific sport. As much as he can train towards a sport or goal, Bless can also provide training to help create fit and healthy individuals. Bless believes that fitness is an essential to a balanced and happy lifestyle.
Allison Kelley

Allison is a senior here at Virginia Tech from Roanoke, Virginia majoring in Human Nutrition, Foods, and Exercise. She is CPR/AED certified through the Red Cross, and is an ACE certified Personal Trainer.

She believes that exercise brings joy and happiness into life. As a young girl, she played many sports including soccer, volleyball, and basketball. She has been weight training for almost 6 years but also enjoys running, cycling, yoga, and hiking.

With her background in athletics and her passion for health and exercise, she is confident that she can help anyone achieve their fitness goals.
Peter Kump

Peter is a junior majoring in Mechanical Engineering from Ellicott City, MD. He is also a member of the Corps of Cadets and Navy ROTC. He is an ACE certified personal trainer and has 7 years of weightlifting experience. His passion for fitness was developed through competitive high school sports. Peter strives to help his clients achieve their strength and fitness goals and aims to give them the confidence and knowledge to workout on their own. Peter also enjoys running, hiking, and other outdoor activities. He wants to help you to better incorporate fitness into your lifestyle.
Samuel Lewis

I have been a trainer for over a year now and truly believe I can make exercise fun for anyone. I've worked with all types of clients, helping them to reach varying goals including weight loss, improved strength, and general fitness. My lifestyle is molded around fitness, thus, maximizing potential in clients is something that I thrive at. Besides my passion for training, I also enjoy a nice scoot ride, an occasional blade session, and being in a social atmosphere.
Emily Logwood

Emily is currently a senior HNFE-Dietetics major from Roanoke, Virginia. She is an ACE certified Personal Trainer and has an interest for all things related to health and fitness. Emily aspires to be a Registered Dietitian and currently works as a Sports Nutrition Intern with Virginia Tech Athletics. She has a passion for both nutrition and exercise and has a goal to make both part of her career one day.

Growing up Emily played a variety of sports but fell in love with being in the weight room the summer before going to college. She decided to make her time spent in the gym useful to not only herself but also to others and she became a certified personal trainer. Along with helping others reach their fitness goals, Emily has her own and is currently training for her first NPC Bikini Competition. As a personal trainer, Emily hopes to pass on her passion for exercise and help others reach their health and fitness goals. She believes being active is important and no matter how you want to exercise, she can help.
Jaime Ludwick

Jaime is a senior from Northern Virginia studying Human Nutrition Food and Exercise. She is an ACE certified personal trainer and is CPR/ AED/ First Aid certified. Additionally, Jaime works part time as a Sports Medicine Aide with the VT football team and is aspiring to work in the Sports Medicine field after she graduates. Her passion for fitness developed from playing different sports in high school including soccer, basketball, and running cross country. She believes that exercise should be something to look forward to everyday and hopes to inspire others to feel that way as well! Her goal is to help others beat any mental or physical obstacles they have in order to reach their fitness and health goals. High intensity interval training and circuit training are Jaime's favorite types of exercise. She encourages a healthy balanced lifestyle!
Lauren Ludwig

Lauren is a senior studying psychology from Richmond. She was a gymnast for 12 years and became a coach at the age of 14. Aside from being a gymnast, Lauren started lifting weights her freshman year of college. She loved the results she was seeing and became dedicated to living a healthy life. Lauren is an ACE certified personal trainer and fitness nutrition specialist. She has a USAW certification and teaches both boot camp and cycle group exercises classes. Her ultimate goal is to help others develop a passion for fitness and live a healthy lifestyle.
Kyle Mann is a junior in Mechanical Engineering from Virginia Beach, Virginia. He is a certified ACE Personal trainer with over 4 years of hands on experience training clientele ranging from senior citizens to recovering athletes. He has been an athlete all his life, playing football in high school and currently a member of the VT Rugby team. He also was a state champion powerlifter in high school. Because of this, he specializes in strength and athletic training, but can accommodate to all needs.
Matty Matheson

Matty is an ACE Certified Personal Trainer with CPR/AED certifications, and a senior majoring in Human Nutrition Foods and Exercise. He has played soccer his entire life and enjoys other activities such as surfing, snowboarding, hiking, and nearly anything outdoors. His interest in fitness started early in high school. After several years fitness became a passion to him. After being hired as a freshman he has worked with clients with varying goals, partner clients, club sports teams, and has been a supervisor for olympic lifting. He went about obtaining his certification so that he could help others be fit and healthy and obtain their goals while having fun and developing a similar love for fitness.
Liz McAuliff

I am currently a senior in Human, Nutrition, Foods, and Exercise and Spanish from Fredericksburg, VA. I am an ACE certified personal trainer with an appreciation for a balanced approach to fitness. My favorite activities include running, yoga, lifting weights, and most sports.

I have spent the majority of my athletic career as a long distance runner and discovered the importance of maintaining a balanced exercise program in order to reap all of the benefits of fitness and health as well as to avoid injuries and muscle imbalances. I enjoy working with clients of all ages, backgrounds, and fitness levels. I strive to help my clients achieve their goals in a fun, healthy, and sustainable way.
Bobby McDonnell

Bobby is a Mining & Minerals Engineering major out of northern New Jersey. Staying involved with sports throughout high school and into college, Bobby is very competitive and loves a challenge as well as challenging others. At 18 years of age he was one of the youngest competitors to complete an Ironman triathlon and is currently competing in his 7th season of VT mens rugby. What really sparked his motivation to gain his ACE certified personal training certificate was a 30lb weight loss to help him excel in his rugby career at Tech.

With a background in body transformation, mobility, strength and endurance training Bobby is excited help his clients see results and meet goals. He also enjoys training small groups and with clients of all ages.

Favorite Quote: "Hard work beats talent when talent doesn't work hard" - Tim Notke
David McElroy

David is a junior majoring in Human Development. He has been local to the Blacksburg area since 2006 where he attended middle and high school. He is CPR/AED certified and an ACE Certified Personal Trainer.

He has 6 years of experience in Kempo Karate and is currently a Brown Belt Level I. He started weight training after high school and has learned a lot just on his own. He has become highly interested in powerlifting and wants to eventually participate in various powerlifting meets and competitions.

David grew up as a skinny teenager and had issues with his self confidence during that period in his life and feels that health and fitness changed his life for the positive. He became a personal trainer with the goals to help those who may be in the same position he was as a teen.
Molly McGrath

Molly McGrath is a junior with a CPR/AED certification and is an ACE Certified Personal Trainer. She is training to become a US Marine Corps officer and works with many prospective Marines to prepare them for training.

Molly is comfortable training any fitness level and training groups. She is experienced in combat fitness which is functional fitness that includes bodyweight, strength, and cardio which improves all aspects of fitness and daily life and can include the outdoor environment. She is excited to work with you to accomplish your goals!

Oorah!
Evan McNeal

Evan is a junior majoring in Computational Modeling and Data Analytics from Warrenton, VA. He has been engaged in fitness throughout his life, involved in sports ranging from swimming to wrestling and is currently pursuing powerlifting. As someone who has such a passion for fitness, he is eager to share these experiences with others, helping them to pursue their fitness goals, whatever they may be. Evan is a firm believer that positive change in the gym will also translate to improvements in overall living.
Joseph Owens

A significant injury in high school sidelined me from competitive sports and most other activities. However, a strong comeback and recovery sparked my passion for fitness, which has lead me to work for Explosive Performance specializing in athletic training, and as the PT Supervisor for Virginia Tech Fitness. My training style is personalized to every individual and skill level – I meet you where you are at in order to take you where you want to be. The aspects of my training style make exercise mentally and physically stimulating, as well as practical for everyday life. I like to incorporate circuits, intervals and plyometrics into my training sessions because they greatly stimulate the metabolism leading to beneficial health and fitness effects long after the training session is over - they are also more fun and exciting than traditional methods! In addition, I like to incorporate functional exercises that carry over to everyday life activities. I apply my knowledge to those wishing to better themselves, no matter their starting point.
William Sebastian

I am a Junior majoring in HNFE, specifically the dietetics program. I am a nationally accredited personal trainer from National Academy of Sports Medicine (NASM). I am currently a men's physique competitor. I enjoy all types of workouts but have a personal preference for strength and conditioning programs.

I enjoy working with all types of clients with all types of goals, from weight loss and cardiovascular conditioning to muscle building and strength progression. My number one priority is pushing your limits to show you how strong you can truly become.
Miriah Smith

Miriah Smith is a junior majoring in Human Nutrition, Foods and Exercise with a Spanish minor, from Charlottesville, Virginia. She is an ACE Certified Personal Trainer as well as AED/CPR/First Aid certified.

Miriah has been passionate about fitness from a young age, starting out playing sports and weight training throughout middle and high school, she has always loved being active. Through these experiences she has gained a great knowledge of strength, endurance, and flexibility training and living an overall healthy lifestyle, that she hopes to share with others. Exercise has always been a positive aspect of her life and she would love to spark that energy within others.

In her free time, she loves playing basketball and running. She has plans of becoming a physical therapist postgrad.
Rachel Steinbach

I'm currently a junior Human Nutrition, Foods, and Exercise major and hope to attend PA school after graduation while continuing to train on the side. I was raised in a very active and fitness-oriented family and continue to have a huge passion for it today! I specialize with circuit style training involving a combination of cardio and strength training in order to maximize fat loss while increasing muscle mass. In my spare time I love hiking, reading and hanging out with my friends and roomies!
Daniel Tavenner

Daniel is a Graduate Student at Virginia Tech and is from Haymarket, Virginia. Daniel is currently working on his M.A. in Education to follow up his undergraduate degree in Mathematics. His goal is to eventually teach high school mathematics while still practicing as a personal trainer. Daniel has always been active. He played numerous sports growing up but was particularly passionate about baseball. Since he has stopped playing however, Daniel has transitioned to an overall healthy lifestyle and he enjoys weightlifting, mathematics, hiking, fishing, cooking, and being with his dog.

With his expertise in education, Daniel sees personal training as an opportunity to teach. He believes that a personal trainer is simply a teacher of health and fitness just as a mathematics teacher is an educator in their own discipline. Many times, people are afraid to pursue their fitness goals because they simply do not know where to start. Without any knowledge of exercise, fitness, or even basic gym equipment, reaching your goals can genuinely seem impossible. Daniel believes that everybody deserves the opportunity to be their best regardless of whether that means simply teaching a beginner proper form or teaching a veteran how to prepare for an upcoming competition.
Jansen Young

Jansen is originally from Blacksburg and is a senior majoring in Business Information Technology. He is an ACE Certified Personal Trainer and is also CPR/AED certified by the Red Cross. As a varsity basketball and soccer player in high school, Jansen loved any kind of physical activity or sport. However, when he discovered his passion for weight training, he realized that weight training could improve not only one’s ability to play a specific sport, but also the overall quality of everyday life. He wants to help his clients reach their goals in fun, creative ways. He enjoys training clients with diverse goals from gaining muscle to losing weight and everything in between. However, his favorite type of training is strength training, and he wants to help his clients get stronger and healthier with the ultimate goal of always being better than yesterday.